

MENUS FOR SEPTEMBER 2023

CNMI Public School System, Child Nutrition Program

This institution is an equal opportunity provider. Menus are subject to change.

HAPPY
LABOR DAY!



Try not to be **BLUE**
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!

Friday, September 1

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

BBQ Chicken
Red Rice
Corn and Potato Salad
Fruit
Flavored Milk

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit



Monday, September 4

Labor Day

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sautéed Spinach
Fruit

Tuesday, September 5

Breakfast

Ground Beef & Veggie
Omelet
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Fire Alarm Pizza
Vegetable Sticks & Dip
Fruit

Wed., September 6

Breakfast

Grilled Cheese Sandwich
Fruit/Fruit Smoothie

Lunch

Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice

Vigilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, September 7

Breakfast

Grilled Ham with Fried Rice
Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice

Banh Mi
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, September 8

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

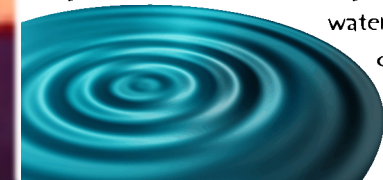
Breaded Fish with Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

Vigilicious Packed Salad
WGR Penne Pasta
Fruit

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, September 11

Breakfast

Assorted Cereal
Fruit

Lunch

Kung Pao Chicken
with Bell Peppers
Steamed Rice
Sesame Broccoli
Fruit

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, September 12

Breakfast

Fried Rice with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch

Turkey & Gravy
WGR Roll
Mashed Potato
Steamed Carrots
Fruit

Secondary Second Choice

Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wed., September 13

Breakfast

Mac & Cheese
Fruit/Fruit Smoothie

Lunch

Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice

Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, September 14

Breakfast

Sausage Patty with Garlic Rice
Fruit/Fruit Smoothie

Lunch

Chicken Kelaguen
Titiyas/WGR Tortilla
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice

Cheese Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, September 15

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Word of the Month

gra·cious

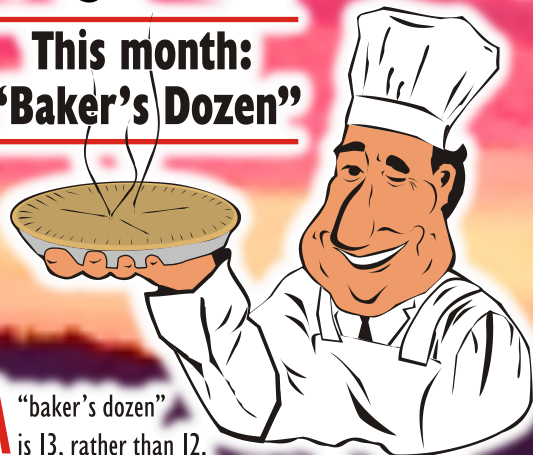
- adj. 1. characterized by kindness and warm courtesy
2. merciful, compassionate
3. elegant, charming

Where do all of our crazy names for food come from?



WORDS OF MOUTH

This month: "Baker's Dozen"



A "baker's dozen" is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!

Monday, September 18
Breakfast Assorted Cereal Fruit
Lunch Chicken Curry with Carrots and Potatoes Broccoli Steamed Rice Fruit
Secondary Second Choice Vegilicious Packed Salad WGR Penne Pasta Fruit

Tuesday, September 19
Breakfast Fried Rice with Portuguese Sausage Fruit/Fruit Smoothie
Lunch Cheeseburger Sandwich Sides Sweet Potato Fries Fruit
Secondary Second Choice Tofu Lo Mein Chinese Cabbage Carrots Fruit

Wed., September 20
Breakfast Breakfast Burrito Fruit/Fruit Smoothie
Lunch Breaded Chicken with Gravy Mashed Potato 3 Bean Salad WGR Roll Fruit
Secondary Second Choice Vegilicious Salad Bar WGR Penne Pasta Fruit

Thursday, September 21
Breakfast Sausage & Egg Scramble Steamed Rice Fruit/Fruit Smoothie
Lunch Beef Lasagna Garlic Cauliflower & Broccoli Corn Fruit
Secondary Second Choice Tuna Salad Sandwich on WGR Bun Sandwich Sides Japanese Salad Fruit

Friday, September 22
Breakfast Pancakes with Syrup Bacon Fruit
Lunch Chicken Adobo Steamed Rice Lemon Garlic Kangkung Local Vegetables Fruit Flavored Milk
Secondary Second Choice Vegilicious Packed Salad WGR Penne Pasta Fruit

Monday, September 25
Breakfast Assorted Cereal Fruit
Lunch Grilled Ham Steak Steamed Brown Rice Sweet Potato Fries Texas BBQ Beans Fruit
Secondary Second Choice Taco Packed Salad WGR Tortilla/Tortilla Chips Fruit

Tuesday, September 26
Breakfast Ham and Cheese Roll Fruit/Fruit Smoothie
Lunch Chicken Burger Potato Wedges Broccoli Fruit
Secondary Second Choice Subway Sandwich with Honey Onion Dressing on WGR Bun Vegetable Sticks & Dip Fruit

Wed., September 27
Breakfast Pan de Sal with Egg & Cheese Fruit/Fruit Smoothie
Lunch Beef Steak with Green Peas & Onions Red Rice Local Vegetables Broccoli Fruit
Secondary Second Choice Taco Salad Bar WGR Tortilla/Tortilla Chips Fruit

Thursday, September 28
Breakfast Sausage Links Garlic Fried Rice Fruit/Fruit Smoothie
Lunch Pepperoni Pizza Vegetable Sticks & Dip Fruit
Secondary Second Choice Buffalo Chicken Wrap Vegetable Sticks & Dip Japanese Salad Fruit

Friday, September 29
Breakfast French Toast with Syrup Sausage Fruit
Lunch BBQ Chicken Red Rice Corn and Potato Salad Fruit Flavored Milk
Secondary Second Choice Taco Packed Salad WGR Tortilla/Tortilla Chips Fruit

MAY CONTAIN PORCUPINE.

The fisher is a cat-sized weasel that lives in wooded areas in New England and elsewhere in the U.S. Along with the mighty mountain lion, the little fisher is the only predator that regularly preys on porcupines. When the porcupine shows the fisher the deadly quills on its rear, the fisher jumps completely over it to get face-to-face again, and repeats this tactic until the porcupine grows confused and tired and weakens.

ANIMAL APPETITES



NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS