BREAKFAST		SEPTEMBER 2025 Allen Grade School			21 Days Milk and juice served with meal
	Monday	Tuesday	Wednesday	Thursday	Friday
	No School	Cereal Mixed Fruit	Donut Cheese Cubes Peaches	Muffin Yogurt Applesauce	Cereal Pears
*	Poptart String Cheese Mandarin Oranges	Cereal Pineapple	Donut Cheese Cubes Fruit Cup	Muffin Yogurt Mixed Fruit	Cereal Mandarin Oranges
	Nutri-Grain Bar String Cheese Pears	Cereal Peaches	Donut Cheese Cubes Pears	Muffin Yogurt Fruit Cup	Cereal Applesauce
•	Poptart String Cheese Pineapple	Cereal Peaches	Donut Cheese Cubes Mandarin Oranges	Muffin Yogurt Pears	Cereal Applesauce
	Nutri-Grain Bar String Cheese Mixed Fruit	Cereal Pears			

"An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count, so go ahead and add color to your plate – and your life." (American Heart Association)

LUNCH		SEPTEMBER 2025 Allen Grade School			21 days Milk served with meal
	Monday	Tuesday	Wednesday	Thursday	Friday
	No School	Chicken and Gravy Over Mashed Potatoes Corn Peaches	Pulled Pork on Bun Sweet Potato Fries Baked Beans Applesauce	BBQ Meatballs Au gratin Potatoes Green Beans Pears	Cheese Quesadilla With Salsa Salad Mandarin Oranges
*	Toasted Cheese Rave Marinara Corn Pineapple	Fish Sticks Cheesy Hashbrown Casserole Green Beans Baked Apples	BBQ on Bun Tater Tots Baked Beans Mixed Fruit	Cheese Quesadilla With Salsa Salad Mandarin Oranges	Cheese Pizza Carrots Salad Pears
	Grilled Chicken Patty on Bun Sweet Potato Fries Baked Beans Peaches	Pork and Gravy over Mashed Potatoes Peas Pears	11:30 Dismissal 17 PB & J Carrots and Ranch Fruit Cup Cookie	Hot Dog on Bun Fries Fruit Slushy Applesauce	Popcorn Chicken Mashed Potatoes With Gravy Broccoli and Carrots Pineapple
•	Bosco Sticks Marinara Broccoli Peaches	Grilled Chicken Pattv23 Mashed Potatoes with Gravy Green Bean Cass. Mandarin Oranges	Hot Ham & Cheese 24 On Bun Tater Tots Baked Beans Pears	Chicken Tacos Salad Corn Applesauce	Cheese Pizza Carrots Salad Mixed Fruit
	Cheeseburger on Bun Fries Corn Pears	Chicken Gravy ove Mashed Potatoes Peas Peaches			

Children and adolescents need aerobic activity, which is anything that makes their hearts beat faster. They also need bone-strengthening activities such as running or jumping and muscle-strengthening activities such as climbing or push-ups. Many physical activities fall under more than one type of activity. This makes it possible for your child to do two or even three types of physical activity in one day!