




<p><b>MONDAY</b></p> <p><b>6</b></p> <p><b>LABOR DAY HOLIDAY</b></p>	<p><b>TUESDAY</b></p> <p><b>7</b> <i>French Toast Sticks</i></p> <p>QUESADILLAS SPANISH RICE BORDER BEANS LETTUCE/TOMATO CUP PEARS MILK</p>	<p><b>WEDNESDAY</b></p> <p><b>1</b> <i>BISCUIT, SUASAGE, GRAVY</i></p> <p>BEEF STROGANOFF CORN CARROT STICKS APPLESAUCE MILK</p>	<p><b>THURSDAY</b></p> <p><b>2</b> <i>MUFFIN</i></p> <p>CHEESEBURGER TATER TOTS SANDWICH SALAD BANANA MILK</p>	<p><b>FRIDAY</b></p> <p><b>3</b> <i>Eggs, Sausage, &amp; Toast</i></p> <p>CHEESE PIZZA GARDEN SALAD CORN ASSORTED FRUIT CUPS MILK</p>
<p><b>13</b> <i>Pancake Wrap</i></p> <p>CHICKEN BURGER BORDER BEANS PICKLE SANDWICH SALAD PEACHES MILK</p>	<p><b>14</b> <i>Breakfast Pizza</i></p> <p>HOT DOG CHILI/CHEESE CUPS POTATOES AU GRATIN CARROT STICKS PEARS MILK</p>	<p><b>15</b> <i>BISCUIT, SUASAGE, GRAVY</i></p> <p>CHICKEN POT PIE SALAD PUDDING FRUIT COCKTAIL MILK</p>	<p><b>9</b> <i>YOGURT</i></p> <p>HAMBURGER TATER TOTS SANDWICH SALAD STRAWBERRY/KIWI CUP MILK</p>	<p><b>10</b> <i>Eggs, Sausage, &amp; Toast</i></p> <p>PEPPERONI PIZZA GARDEN SALAD CORN ASSORTED FRUIT CUPS MILK</p>
<p><b>20</b> <i>Pig in a Blanket</i></p> <p>CHICKEN TENDERS MASHED POTATOES GRAVY CARROTS PEACHES DINNER ROLL MILK</p>	<p><b>21</b> <i>French Toast Sticks</i></p> <p>FISH SANDWICH VEGETABLE SOUP SANDWICH SALAD PICKLE PEARS MILK</p>	<p><b>15</b> <i>BISCUIT, SUASAGE, GRAVY</i></p> <p>TOASTED CHEESE SANDWICH VEGETABLE SOUP CRACKERS PINEAPPLE CUP MILK</p>	<p><b>16</b> <i>BREAKFAST BAR</i></p> <p>HAMBURGER TATER TOTS SANDWICH SALAD APPLE MILK</p>	<p><b>17</b> <i>Eggs, Sausage, &amp; Toast</i></p> <p>SAUSAGE PIZZA GARDEN SALAD CORN ASSORTED FRUIT CUPS MILK</p>
<p><b>27</b> <i>Pancake Wrap</i></p> <p>CHICKEN NUGGETS DIPPING SAUCES POTATOES AU GRATIN GREEN BEANS PEACHES MILK</p>	<p><b>28</b> <i>Breakfast Pizza</i></p> <p>CHILI CORN CHIPS CHEESE CUP BROCCOLI FLORETS PEARS MILK</p>	<p><b>22</b> <i>BISCUIT, SUASAGE, GRAVY</i></p> <p>CARNE GUISADA FLOUR TORTILLA SPANISH RICE BORDER BEANS BROCCOLI FLORET AND TOMATO CUP APPLESAUCE MILK</p>	<p><b>23</b> <i>MUFFIN</i></p> <p>HAMBURGER TATER TOTS SANDWICH SALAD FRUIT COCKTAIL MILK</p>	<p><b>24</b> <i>Eggs, Sausage, &amp; Toast</i></p> <p>PIZZA POCKET GARDEN SALAD CORN ASSORTED FRUIT CUPS BIRTHDAY CAKE MILK</p> 



# What does MyPyramid bring me?



## MyPyramid: The Right Shape to Stay in Shape

Everybody needs MyPyramid. It's a food program designed just for you. MyPyramid considers your age, your height, your weight and how much physical activity you get each day to build the perfect nutrition plan for you. The

plan includes all the basics – grains, fruits, vegetables, dairy and meats/beans – in just the right portions to control your weight, build your muscles and focus your mind. You don't have to be a pharaoh to have a pyramid – just ask your dad or your mummy! You can design your very own nutrition pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).



Why did the boy eat his math test?  
Because he heard it was a piece of cake.



Illustrations and characters by Shaun Bryant.

### Let's Give Portions a Hand

Want to learn a trick that makes eating the right-sized portion easy? Make a fist. The portion of fruits or vegetables that shows up on your plate should be about the same size as your fist. It's a "handy" way to stay healthy!

### MyPyramid Puzzler

Use the clues to rearrange the mixed-up letters in the names of these food groups.

**Inargs:** Cereals, bread and rice are just a few of the tasty options in this group.

**Utfirs:** Apples are red and hang from a tree – this group is loaded with Vitamin C!

**Gevetbelas:** A group that turns your body into a lean, green, healthy machine.

**Riady:** It's got milk and cheese and is sure to please.

**Atems and Anebs:** The group where beef and turkey meet something that starts with green, black and navy.



(Answers: Grains, Fruits, Vegetables, Dairy, Meats and Beans)

## OUR CAFETERIA BRINGS IT!

MILK, JUICE, CEREAL & TOAST ARE SEVED DAILY AT BREAKFAST.

A SECOND BREAKFAST CHOICE IS LISTED ABOVE THE DAILY LUNCH MENU.

### **MENU IS SUBJECT TO CHANGE.**

CHEF'S SALADS ARE AVAILABLE DAILY BY PRE-ORDER. PRE-ORDER BY 8:00 A.M.

AT BLUNT MIDDLE SCHOOL A SECOND LUNCH CHOICE WILL BE OFFERED EACH DAY:

MONDAY/Turkey or Ham Sandwich,  
TUESDAY/CF Steak Sandwich,

WEDNESDAY/ Chicken or Tuna Salad Sandwich  
THURSDAY/BBQ on a Bun, FRIDAY/ Fish Nuggets,  
Some menu items contain alternate protein products.



Food and Nutrition Division  
3E'S OF HEALTHY LIVING  
Education, Exercise and Eating Right

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov).

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