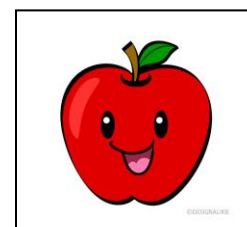




NORD COUNTRY SCHOOL

September 2024



Breakfast Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
In House Baked WG Muffin Fruit & Fruit Juice Assorted WG Cereals	European Continental Breakfast Fruit & Fruit Juice Assorted WG Cereals	WG Benefit Bar Fruit & Fruit Juice Assorted WG Cereals	Build Your Own Yogurt Parfait Bar Fruit & Fruit Juice Assorted WG Cereals	In House Fresh Baked WG Scone Fruit & Fruit Juice Assorted WG Cereals

Lunch Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
☺ Labor Day ☺ No School Today	Walking Taco Bar Mexican Street Corn Fruit and Salad Bar	Turkey Ranch Sandwich Wraps WG Chips Fruit and Salad Bar	Pizza Day!! Pesto Pasta Salad Fruit and Salad Bar	BBQ Chicken Legs WG Biscuit BBQ Baked Beans Fruit and Salad Bar
9	10	11	12	13
Baked Meatball Marinara Pasta with Crunchy Bread Sticks Fruit and Salad Bar	Ham and Cheese Sub WG Chips Sautéed Zucchini and Yellow Squash Fruit and Salad Bar	Baked Chicken Leg Seasoned Baked Potatoes Roasted Carrots Fruit and Salad Bar	Pizza Day!! WG Parmesan Garlic Bread and Marinara Fruit and Salad Bar	Hot Dogs Chili and Cheese French Fries Watermelon Fruit and Salad Bar
16	17	18	19	20
Pasta Alfredo Garlic Cauliflower and Romanesco WG Roll Fruit and Salad Bar	Pork Carnitas Soft Tacos Refried Beans Fruit and Salad Bar	Chicken Salad Croissant WG Chips Pickle Spears Fruit and Salad Bar	Pizza Day!!! Breaded Giant Zucchini Stick with Marinara Fruit and Salad Bar	Chicken Nuggets Seasoned Fries Watermelon Fruit and Salad Bar
23	24	25	26	27
Pesto Pasta Bake Garlic Cheese Bread Sticks and Marinara Fruit and Veggie Bar	Herb Lemon Chicken Mashed Potatoes and Gravy Glazed Carrots Fruit and Salad Bar	Corn Dogs Hash brown Patty Fresh Green Salad Fruit and Salad Bar	Pizza Day!!! Breaded Cheese Ravioli and Marinara Fruit and Salad Bar	Cheeseburgers Assorted Chips Pickle Spears Fruit and Salad Bar
30				
Italian Sausage Marinara Pasta Sautéed Green Beans Fruit and Salad Bar				

1% unflavored & low-fat flavored milk offered with Breakfast and Lunch daily.
Whole Grain Cereal offered daily at Breakfast.

***Menu Subject to change**

The Importance of Real Nutrition

Did you know that real dairy milk is one of the best things you can drink to help your body grow? It has 13 essential nutrients and minerals to help keep you healthy for school or play. Drinking dairy milk every day can help you get nutrients you need, including:

- Protein to help build muscles and keep bones strong
- Calcium for strong bones and teeth
- Vitamins A and D which help your immune system (this helps keep you from getting sick)
- Vitamin B12 for your heart

Like water, milk can also help keep you hydrated. It can help restore fluids to your body on an action-packed day.

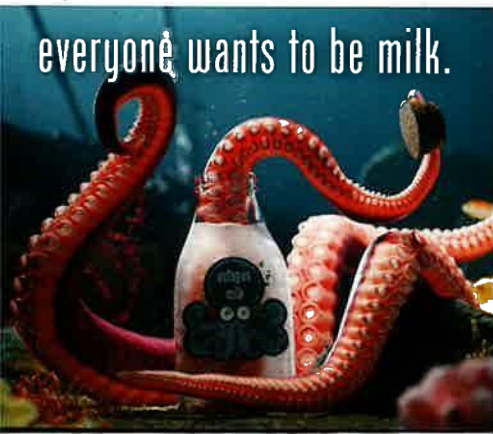
Now that you know about real milk, complete the sentences below using the word bank.

Word Bank

calcium protein hydrating dairy thirteen



- 1 Real milk has _____ essential nutrients and minerals in every glass.
- 2 Drinking _____ milk every day can help you stay healthy.
- 3 Milk contains _____ to help build strong bones and teeth.
- 4 Milk is more _____ than water.
- 5 Dairy milk has _____ which helps build muscles.



get real. be yourself.



Families,
Learn more about
dairy nutrition
at gotmilk.com/nutrition
and check out the
recipes, too!