



WELCOME BACK!



Did you know....

Ketchup was sold in the 1830's as medicine.



Monday



12

Tuesday

FIRST DAY BACK 13

Fish sticks with Goldfish Crackers
Pepperoni Pizza

Wednesday

14

Chicken Nuggets
Sliced Turkey Sandwich

Thursday

15

Hamburger on a Bun
Corn Dog
Baked Beans

Friday

16

Beef Rib Patty on Bun w/
Doritos
PB&J Pocket w/ String Cheese

19
Bean and Cheese
Burrito w/ Special Sauce
Soft Taco Stick
Seasoned Corn

20
Chicken Patty
(Regular or Spicy) on bun
Tater Tots

21
Chicken Nuggets
Yogurt and Sunflower Seeds
Scooby Grahams

22
Chicken Caesar Salad/
Croutons
PB&J Pocket
Brownie

23
Breakfast for Lunch
French Toast Sticks or
Pancakes
Sausage Patty

26
Breadsticks/
Marinara Sauce Cups
Grilled Cheese Sandwich

27
Hot Dog on Bun
Cheese Quesadilla
Baked Beans

28
Chicken Nuggets
Ham and Cheese on Sub Bun
Potato Triangle

29
Mandarin Orange
Chicken/ Rice/ Egg Roll
PB&J Sandwich

30
Cheese
or
Pepperoni Pizza

Nutrition is Fun

I	N	S	X	B	E	E	F	X	P	R	Q	N	H	T	B	I	C
A	G	F	N	W	N	G	V	Y	C	S	P	R	O	U	T	S	Z
P	D	B	V	L	K	Y	F	O	C	A	O	W	C	P	Y	Q	E
P	Y	A	B	A	N	A	N	A	M	W	R	U	A	E	J	W	X
L	O	G	I	M	X	F	O	R	I	Z	H	R	V	L	D	F	A
E	Z	T	Q	R	N	V	Q	Z	L	G	X	Z	O	E	I	B	L
S	G	G	D	M	Y	M	N	D	K	A	F	S	C	I	B	A	M
Z	W	H	A	M	B	U	R	G	E	R	A	V	A	T	M	C	O
N	U	T	R	I	I	O	N	W	L	V	J	D	U	F	O	N	
X	K	X	P	F	Y	F	G	N	K	I	V	X	O	C	I	N	D
V	C	D	N	U	X	O	U	H	S	C	G	C	H	E	M	V	I
G	C	P	Q	B	V	E	G	E	T	A	B	L	E	S	X	X	V

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

ALMOND
APPLES
AVOCADO
BACON
BANANA
BEEF

CARROT
DAIRY
GARLIC
HAMBURGER
LETTUCE
MILK

NUTRITION
SPROUTS
VEGETABLES

WELCOME BACK!



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12

Tuesday

El Palito de Pescado con
galletas de Goldfish
Pizza de Peperoni

13

Wednesday

Trocitos de pollo
Sándwich de pavo

14

Thursday

Hamburguesa
Corn Dog
Frijoles del horno

15

Friday

Emparedado de la Costilla de la
barbacoa/ Doritos
El Sandwich de Mantequilla de
mani y ialea/ queso

16

Burito de frijol y
queso/ salsa
Taco
Maiz condimentado

19

Hamburguesa de pollo
regular o picosa en pan
la croqueta de puré de papa

20

Trocitos de polla
Yogur y semillas de girasol

21

Ensalada César con
pollo/ Croutónes
El Sandwich de Mantequilla de
mani y ialea/ Brownie

22

Desayuno para el
almuerzo
Trozos de pan tostado al
estilo francés
Salchicha

23

El Colín/ la salsa
marinara
El Sándwich tostado de queso

26

El perro caliente
Quesadilla
Los Frijoles al horno

27

Trocitos de pollo
Sándwich de jamón y
Queso
Potato Triangle

28

Pollo a la naranja
conarroz/ Egg Roll
El Sandwich de Mantequilla de
mani y ialea

29

Pizza de
Peperoni o Queso

30

Nutrition is Fun

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A	G	F	N	W	N	G	V	Y	C	S	P	R	O	U	T	S	Z
P	D	B	V	L	K	Y	F	O	C	A	O	W	C	P	Y	Q	E
P	Y	A	B	A	N	A	N	A	M	W	R	U	A	E	J	W	X
L	O	G	I	M	X	F	O	R	I	Z	H	R	V	L	D	F	A
E	Z	T	Q	R	N	V	Q	Z	L	G	X	Z	O	E	I	B	L
S	G	G	D	M	Y	M	N	D	K	A	F	S	C	T	B	A	M
Z	W	H	A	M	B	U	R	G	E	R	A	V	A	T	M	C	O
N	U	T	R	I	T	I	O	N	W	L	V	J	D	U	F	O	N
X	K	X	P	F	Y	F	G	N	K	I	V	X	O	C	I	N	D
V	C	D	N	U	X	O	U	H	S	C	G	C	H	E	M	V	I
G	C	P	Q	B	V	E	G	E	T	A	B	L	E	S	X	X	V

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