

# WELCOME BACK!!!

Menus for September 2021

Rockville Centre Elementary

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



We're **SO GLAD** to see you again! It's going to be a **GREAT YEAR!**



9/11/2001 ♦ We Remember

## HERB/SPICE

### Thyme



Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!

## OF THE MONTH

Wednesday, September 1

Chicken Nuggets  
WG Breadstick  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese  
  
Fresh Vegetable  
Fresh Fruit  
  
Choice of Milk

Thursday, September 2

Hamburger/  
Cheeseburger  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese  
  
Fresh Vegetable  
Fresh Fruit  
  
Choice of Milk

Friday, September 3

Pizza Slice  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese  
  
Fresh Vegetable  
Fresh Fruit  
  
Choice of Milk

Tuesday, September 7

**School Closed  
Rosh Hashana**

Wednesday, September 8

**School Closed  
Rosh Hashana**

Thursday, September 9

Chicken Nuggets  
WG Breadstick  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese  
  
Fresh Vegetable  
Fresh Fruit  
  
Choice of Milk

Friday, September 10

Pizza Slice  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese  
  
Fresh Vegetable  
Fresh Fruit  
  
Choice of Milk



**NO SCHOOL  
MONDAY,  
SEPTEMBER 6**



What's on  
**YOUR**  
plate?

**How come watermelon  
is such a great choice?**

The MyPlate graphic advises us to make half of each meal fruits and vegetables – and that's one of the things that makes

watermelon such a great choice! It's not only delicious, and often locally-grown, and loaded with vitamins A and C and potassium, but watermelon also fills up your plate!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



**Monday, September 13**

Chicken Nuggets  
WG Breadstick  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese

Fresh Vegetable  
Fresh Fruit

Choice of Milk

**Tuesday, September 14**

Mozzarella Sticks  
Dipping Sauce  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese

Fresh Vegetable  
Fresh Fruit

Choice of Milk

**Wednesday, September 15**

Hamburger/  
Cheeseburger  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese

Fresh Vegetable  
Fresh Fruit

Choice of Milk

**Thursday, September 16**

**School Closed**

**Yom Kippur**

**Friday, September 17**

Pizza Slice  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese

Fresh Vegetable  
Fresh Fruit

Choice of Milk

***This year's price: \$0  
You good with that?***

**All of our complete meals are always**

**NO CHARGE  
for all students  
Through June 2022**

**Monday, September 20**

Chicken Nuggets  
WG Breadstick  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese

Fresh Vegetable  
Fresh Fruit

Choice of Milk

**Tuesday, September 21**

Hamburger/  
Cheeseburger  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese

Fresh Vegetable  
Fresh Fruit

Choice of Milk

**Wednesday, September 22**

WG Maple Glazed  
French Toast Sticks  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese  
Fresh Vegetable  
Fresh Fruit

**Thursday, September 23**

Breaded Chicken  
Patty on Bun  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese  
Fresh Vegetable  
Fresh Fruit

Choice of Milk

**Friday, September 24**

Pizza Slice  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese

Fresh Vegetable  
Fresh Fruit

Choice of Milk

**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 27**

Chicken Nuggets  
WG Breadstick  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese

Fresh Vegetable  
Fresh Fruit

Choice of Milk

**Tuesday, September 28**

Hamburger/  
Cheeseburger  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese

Fresh Vegetable  
Fresh Fruit

Choice of Milk

**Wednesday, September 29**

Breaded Chicken  
Patty on Bun  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese  
Fresh Vegetable  
Fresh Fruit

Choice of Milk

**Thursday, September 30**

Mozzarella Sticks  
Dipping Sauce  
Or  
Turkey Sandwich on  
WG Bread  
Or  
Bagel With String  
Cheese  
Fresh Vegetable  
Fresh Fruit  
Choice of Milk

**NUTRITION TO GO**

**Tomatoes are one of the few foods that contain lycopene, which studies have shown to help prevent cancer. Your body absorbs more lycopene when a meal also contains a little fat, perhaps from olive oil or cheese. Cooked or processed tomatoes (as in tomato sauce) also increase lycopene absorption.**

**A QUICK BITE FOR PARENTS**