

# Menu for September 2017

**BAINBRIDGE ISLAND  
COMMODORE  
Grades K-4**

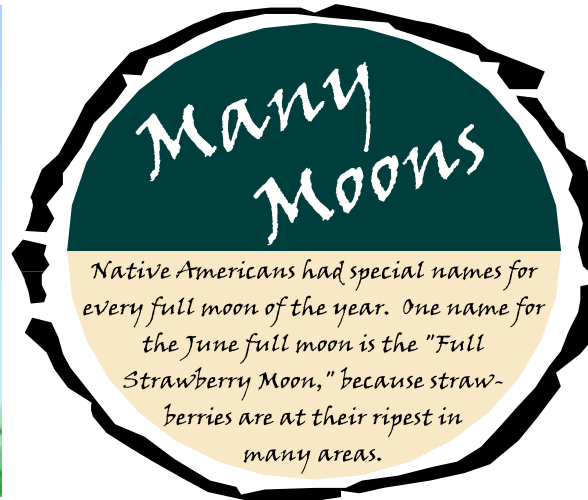


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## AVAILABLE DAILY

Fresh fruits and vegetables along with 100% fruit juice, 1% white milk, and non-fat chocolate milk are offered with every meal.

**Lunch Price  
\$3.25**



**Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!**

**A TASTY MORSEL FOR PARENTS**

Mon, September 4



**No School**

Tues, September 5

**First  
Day  
Of  
School  
Tomorrow**

Wed., September 6

**Lunch**  
Chicken Nuggets  
WG Roll  
  
**Fruit & Veggie  
Bar**

Thurs, September 7

**Lunch**  
Super Nachos  
or  
Chicken Burger  
  
**Fruit & Veggie  
Bar**

Fri, September 8

**Pizza Friday**  
  
**Lunch**  
Whole Grain  
Pepperoni or  
Cheese Pizza  
  
**Fruit & Veggie  
Bar**

## SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

Mon, September 11

**Early Release**

**Lunch**

WG Corn Dog  
Tater Tots

**Fruit & Veggie Bar**

Tues, September 12

**Lunch**

Chicken Nuggets  
Mashed Potatoes  
Chicken Gravy

**Fruit & Veggie Bar**

Wed., September 13

**Lunch**

Soft Taco  
Brown Rice  
Salsa

**Fruit & Veggie Bar**

Thurs, September 14

**Lunch**

WG Bean &  
Cheese Burrito  
Or  
Chicken Burger  
Animal Crackers

**Fruit & Veggie Bar**

Fri, September 15

**Pizza Friday**

**Lunch**

Whole Grain  
Pepperoni or  
Cheese Pizza

**Fruit & Veggie Bar**

Where do all of our crazy names for food come from?



**WORDS OF MOUTH**

**This month: "Picnic"**

"Picnic" comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.



Mon, September 18

**Early Release**

**Lunch**

Chicken Nuggets  
WG Roll

**Fruit & Veggie Bar**

Tues, September 19

**Lunch**

Turkey Hot Dog  
WG Bun  
Baked Beans  
Or  
WG Cheese Pizza

**Fruit & Veggie Bar**

Wed., September 20

**Brunch for Lunch**

WG Waffle Sticks  
Fruit Topping  
Sausage Links

**Fruit & Veggie Bar**

Thurs, September 21

**Lunch**

Hamburger  
WG Bun  
or  
Chicken Burger  
Oven Fries

**Fruit & Veggie Bar**

Fri, September 22

**Pizza Friday**

**Lunch**

Whole Grain  
Pepperoni or  
Cheese Pizza

**Fruit & Veggie Bar**

Mon, September 25

**Early Release**

**Lunch**

WG Corn Dog  
Tater Tots

**Fruit & Veggie Bar**

Tues, September 26

**Lunch**

Chicken Nuggets  
Mashed Potatoes  
Chicken Gravy

**Fruit & Veggie Bar**

Wed., September 27

**Lunch**

WG Bean &  
Cheese  
Burrito  
Steamed Rice

**Fruit & Veggie Bar**

Thurs, September 28

**Lunch**

Turkey Taco  
Salsa  
or  
Chicken Nuggets  
Tater Tots

**Fruit & Veggie Bar**

Fri, September 29

**Pizza Friday**

**Lunch**

Whole Grain  
Pepperoni or  
Cheese Pizza

**Fruit & Veggie Bar**

**Word of the Month**  
**per·se·ver·ance**

*noun.* 1. the quality of never giving up 2. persisting at a task or object despite difficulties, obstacles, and discouragement