

September 2009

CHARLOTTE ELEM.



Monday	Tuesday	Wednesday	Thursday	Friday
	1 BEEF BITES CHICKEN FAJITAS CORN PINTO BEANS Tossed Salad/ RICE SHELLS / FRUIT MILK	2 PIZZA CORN DOGS CORN ON COB SALAD FRUIT Milk	3 CHICKEN NUGGETS MANAGERS CHOICE GR. BEANS CREAMED POTATOES ROLL / SLAW FRUIT MILK	4 BBQ SANDWICH FISH WHITE BEANS SLAW BUN Fruit /Milk
7 NO School	8 NO School	9 PIZZA CORN DOGS CORN ON COB SALAD FRUIT MILK	10 STEAK/GRAVY HAM CREAMED POTATOES GREEN BEANS COLE SLAW ROLLS FRUIT / MILK	11 TURKEY OR HAM SANDWICH CHIPS TRIMMINGS FRUIT MILK
14 HAMBURGER CHICKEN CHIPS BAKED BEANS TRIMMINGS BUN MILK/FRUIT	15 NACHOS TACOS Tossed Salad Corn / RICE PINTO BEANS FRUIT / SHELLS Milk	16 PIZZA CORN DOGS CORN ON COB SALAD Fruit Milk	17 MEAT LOAF TURKEY / GRAVY CREAMED POTATOES GREEN BEANS SLAW ROLL FRUIT / MILK	18 NO LUNCH HOMECOMING
21 HAMBURGER CHICKEN FRIES BAKED BEANS BUNS TRIMMINGS FRUIT MILK	22 CHICKEN FAJITA BUARITO CORN SPANISH RICE PINTO BEANS LETTUCE. / TOMATO MILK	23 PIZZA CORN DOG CORN ON COB SALAD FRUIT MILK	24 HAM SPAGHETTI/MEAT SAUCE SALAD CORN BUTTERED CARROTS BREADSTICKS FRUIT/MILK	25 FISH BBQ SANDWICH WHITE BEANS FRIES SLAW FRUIT/MILK BUN
28 HAMBURGER CHICKEN FRIES BAKED Beans BUNS TRIMMINGS Milk /FRUIT	29 ROTINI HAM Tossed Salad Corn FRUIT ROLL Milk BROCOLI & CHEESE	30 PIZZA CORN DOGS CORN ON COB SALAD FRUIT MILK	<p>USDA Non-discrimination Statement: In accordance with Federal law and U. S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 800-795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.</p>	

Food Facts

Monounsaturated fats (MUFAs) lower total cholesterol and LDL cholesterol (the bad cholesterol) while increasing HDL cholesterol (the good cholesterol). Nuts including peanuts, walnuts, almonds and pistachios, avocado, canola and olive oil are high in MUFAs. MUFAs have also been found to help in weight loss, particularly body fat.

