



One percent milk is served with breakfast and lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
MENU FOR SISSETON AND WEBSTER									
Breakfast WG Kix Banana Lunch Chicken Strips Green Beans Watermelon Snack Graham Crackers Milk	21	Breakfast Yogurt Fresh Fruit Lunch Macaroni & Cheese D20 Vegetable Oranges Snack WG Cereal Milk	23	Breakfast Muffin Apples Lunch Hamburger/Bun Tots Cantaloupe Snack Cheese & WG Wheat Thins / Milk	23	Breakfast WG Toast Fresh Fruit Lunch Spaghetti D3 Baby Carrots Pears Snack Yogurt Milk	24		
Breakfast WG Waffles Banana Lunch Fish/Bun Lettuce Salad Pineapple Snack Apple Slices Milk	28	Breakfast Yogurt Fresh Pears Lunch WG Grilled Cheese F13 Tomato Soup Grapes Snack Graham Crackers Milk	29	Breakfast Pancakes A6 Applesauce Lunch Chicken & Rice D47 Carrots Peaches Snack Sun Chips Milk	30	Breakfast WG Frosted Mini Wheats Oranges Lunch BBQ on a Bun F12 Baked Beans Apples Snack Toast/ Milk	31		

3 ways to eat cucumbers:

dip

Snack on cucumber spears with salt and pepper. Dip spears in hummus or dill dip.

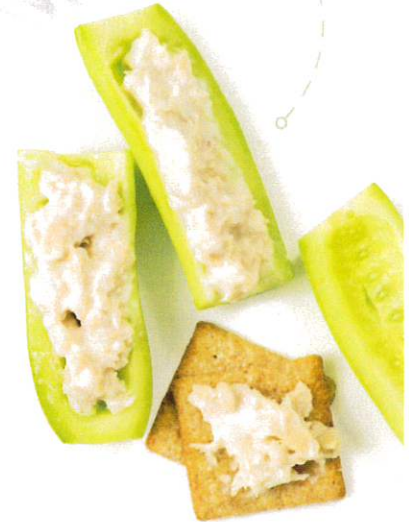


stack

Stack cucumber slices on whole grain crackers with hummus and cheese.

fill

Make cucumber boats filled with tuna salad or hummus.

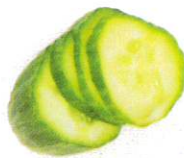


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3 formas de comer pepinos:

servir con un dip

Come bastones de pepino con sal o pimienta como bocadillo. Mojalos en un dip de hummus o eneldo.

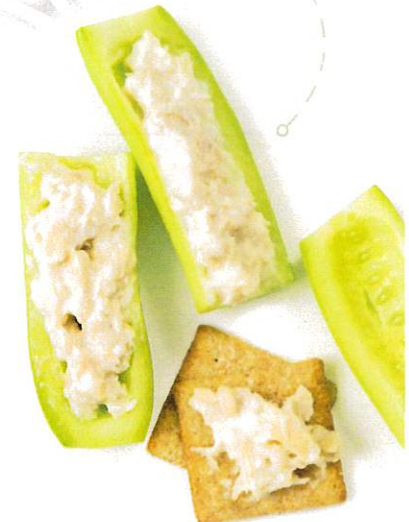


bocadillo con galletas

Prepara un bocadillo utilizando galletas integrales, queso, hummus y pepino.

pepinos rellenos

Hacer botes de pepino rellenos con ensalada de atún o hummus.



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