



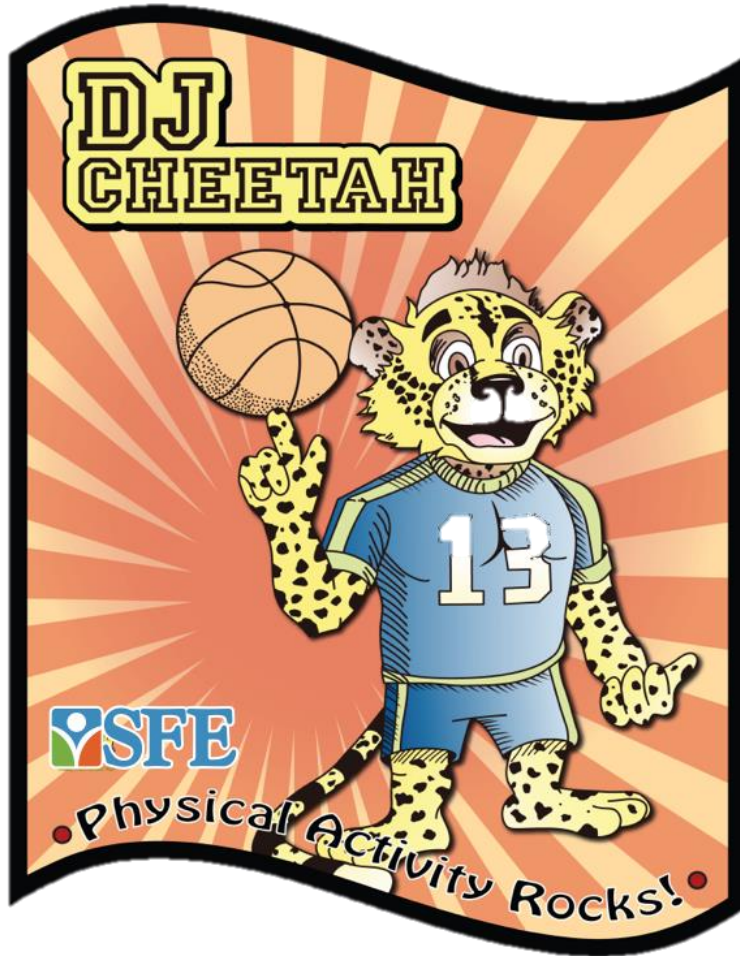
AUGUST 2016



F.L. Moffett Breakfast & Lunch Menus

DJ CHEETAH

NUTRITION FACTS



What kind of physical activity do you like to do? Children should be getting at least 60 minutes of physical activity each day. I have provided a list of fun stuff that DJ Cheetah likes to do to get exercise. You should try them too.

- Riding bikes
- Jumping rope
- Swimming
- Playing soccer or basketball
- Walking
- Dancing

In fifteen minutes, jumping rope can burn 200 calories. The first soccer games may have originated in China. The very first game of basketball was played with a soccer ball.

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 Chef :: Jimmy Johnston
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PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



Center ISD

F.L. MOFFETT BREAKFAST

Fresh Fruit and Juice Bar Served Daily!

August 2016

Monday

Tuesday

Wednesday

Thursday

Friday

1-

2-

3-

4-

5-

8-

9-

10-

11-

12-

15-

16-

17-

18-

19-

22-Sausage Bagel Pizza
Assorted Low Sugar Cereal

23-French Toast Sticks
Assorted Low Sugar Cereal

24-Biscuit & Gravy w/Sausage
Assorted Low Sugar Cereal

25-Mini Blueberry Pancakes
Assorted Low Sugar Cereal

26-Sausage & Cheese Croissant
Assorted Low Sugar Cereal

29-Banana Bread
Assorted Low Sugar Cereal

30-Cinnamon Roll w/Icing
Assorted Low Sugar Cereal

31-Egg, Ham & Cheese Muffin
Assorted Low Sugar Cereal

**Return your completed
Lunch application by
Sept. 16th for a chance
To win the
GRAND PRIZE!!!**



Food Service Director: Tina Byrnes :: Email: tina.byrnes@centerisd.org



Milk

Reduced Fat Milk Variety
Offered Daily

F.L. Moffett Menu Meal Prices

Paid Lunch.....\$2.50	Paid Breakfast.....Free	
Reduced Lunch.....\$0.40	Reduced Breakfast.....Free	
Staff/Adult Lunch.....\$3.50	Staff/Adult Breakfast.....\$1.75	Milk.....\$0.50



Center ISD

F.L. MOFFETT LUNCH

Fresh Fruit and Vegetable Bar Served Daily!

August 2016

Monday

Tuesday

Wednesday

Thursday

Friday

1-

2-

3-

4-

5-

8-

9-

10-

11-

12-

15-

16-

17-

18-

19-

22- Cheeseburger
Sun Butter & Jelly Sandwich
Green Beans
Pineapple Tidbits
Variety of Milk

23-Turkey Sub
Spaghetti w/Meatballs
Steamed Broccoli
Fresh Apple
Variety of Milk

24-Chicken Nuggets
Ham & Cheese Sandwich
Mashed Potatoes
Mixed Fruit
Variety of Milk

25-Pepperoni Pizza
Crispy Chicken Wrap
Steamed Carrots
Fresh Orange
Variety of Milk

26-Beef Fingers
Ham, Turkey & Cheese Sand
Baked Beans
Applesauce
Variety of Milk

29-Chicken Corn Dog
Ham & Cheese Sandwich
Steamed Broccoli
Pineapple Tidbits
Variety of Milk

30-Loaded Italian Sub
Beef Fingers w/Roll
Steamed Carrots
Fresh Apple
Variety of Milk

31-Beefy Macaroni w/Roll
Fish Nuggets w/Roll
Buttered Green Beans
Mixed Fruit
Variety of Milk

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This institution is an equal opportunity provider.