

# September 2020


## Stay Healthy

Keep you and your family healthy and reduce your risk for illness.

- Avoid touching your face.
- Wait 6 feet away from others.
- Wash your hands with soap and water for at least 20 seconds. If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol, until you can wash your hands.
- Use healthy strategies to manage stress.
- Be active—at least 30 minutes daily for adults and 60 minutes daily for kids.
- Get enough sleep.
- Drink water, lowfat or fat free milk or 100% fruit or vegetable juice. Limit sugar-sweetened beverages.
- Eat a healthy diet, including whole grains, lean protein, lowfat or fat free dairy, and a variety of fruits and veggies.

### Lunch Time

- Lunches are served on Tuesdays 12:30 to 1:00.
- Students will receive meals for the entire week including milk
- Children must be current Excelsior students
- You must wear a mask and practice social distancing while picking up meals

|   | Tuesday, September 1  | Wednesday, September 2  | Thursday, September 3   | Friday, September 4   |
|---|---|---|---|---|
|  | Combo Sandwich<br>Pancakes                                      | Egg Salad Sub<br>Orange Chicken                                 | Chicken Salad Sub<br>Southwest Wrap                             | Chicken Sandwich<br>Pizza                                       |
|   | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk |
| Monday, September 7   | Tuesday, September 8  | Wednesday, September 9  | Thursday, September 10  | Friday, September 11  |
| <b>Labor Day</b><br><br><b>(All Excelsior campuses and office closed)</b>         | Chicken Bites<br>Deli Combo Sandwich                            | Beef & Bean Burrito<br>Cheese Sub                               | BBQ Chicken<br>Ham and Cheese Sub                               | Chicken Sandwich<br>Chicken Taco                                |
|   | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk |
| Monday, September 14  | Tuesday, September 15   | Wednesday, September 16   | Thursday, September 17  | Friday, September 18  |
|   | BQ Chicken<br>Bean & Cheese Burrito                             | Cheesy Ravioli<br>Turkey & Cheddar Sandwich                     | Cheeseburger<br>Pizza   | Pancakes & Cheesy Omelet<br>Chicken Salad Sub Sandwich          |
|   | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk |
| Monday, September 21  | Tuesday, September 22   | Wednesday, September 23   | Thursday, September 24  | Friday, September 25  |
|   | Cheese Lasagna  | Chicken Tamale  | Spaghetti Marinara  | Deli Combo Sandwich<br>Chicken Wrap                             |
|   | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk |
| Monday, September 28  | Tuesday, September 29   | Wednesday, September 30   |   |   |
|   | Corn Dog Bites  | Chili and Seasoned Rice   |   |   |
|   | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk | Vegetable and fruit of the day<br>Choice of 1% of Fat Free milk |   |   |

All meal are served with milk, vegetables and fruit

# Excelsior A.M.E.

Menu items may change biased on availability