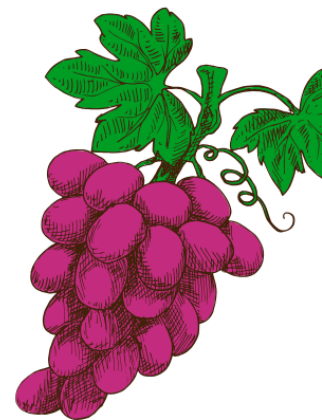




LUNCH MENU

GRAB N' GO MEAL SERVICES

Banta Elementary Menu July 28th- August 3rd
Pickup on TUESDAY'S only 11:30-1:00



Monday

Teriyaki Dippers with Rice
Fruit + Veg + Milk

Breakfast for next day:
Blueberry Muffin
Fruit + Milk

Tuesday

Mini Burger
Fruit + Veg + Milk

Breakfast for next day:
Pancake Bites
Fruit + Milk

Wednesday

Sun butter & Jelly
Fruit + Veg + Milk

Breakfast for next day:
Cereal
Fruit + Milk

Thursday

Pizza Lunch able
Fruit + Veg + Milk

Breakfast for next day:
Pancake on a Stick
Fruit + Milk

Friday

Fish Sticks
Fruit + Veg + Milk

Breakfast for next day:
Breakfast Pizza
Fruit + Milk

IMMUNE-BOOSTING TIPS

- Get 7-9 hours of sleep
- Drink at least 8 cups of water per day
- Eat a mostly plant-based diet
- Fill 1/2 your plate with colorful vegetables
- Eat healthy fats (fatty fish, nuts, olives)
- Move your body (stretch, dance, walk)
- Eat probiotic-rich foods (yogurt, miso, curtido)
- Eat prebiotic-rich foods (vegetables, beans)
- Cook with garlic
- Minimize desserts and added sugar



This institution is an equal opportunity provider.
Menu is subject to change.

