



GROW SEPTEMBER 2022

HARVEST OF THE MONTH Root Vegetables

Monday	Tuesday	Wednesday	Thursday	Friday
		Sating & Stating & Control of the Stating & Co	Cereal & String Cheese Deli Turkey & Cheese Sandwich	Cinnamon Rolls Chef's Choice *Fried Rice with Shredded Pork
LABOR DAY NO SCHOOL	Oatmeal Chocolate Chip BeneFit Bar Rotini with Meat Sauce	Cereal & String Cheese Cheesy Nachos	Chewy Granola Theater Thursday Zesty Chicken Fajitas	Yogurt & Granola Ground Beef Cheeseburgers
Bagels & Cream Cheese Meatless Monday Cheese Quesadilla	Banana Bread Roasted Chicken Drumsticks w/ Rice Pilaf	Cereal & String Cheese Wordly Wednesday Sausage Jambalaya w/ French Bread	Crunchy Granola Turkey Melt Sandwich	Cinnamon Raisin Bread National Cinnamon Raisin Bread Day Pepperoni Pizza
Strawberry Nutri-grain Bar Meatless Monday Vegetarian Chili Beans in a Tostada Boat	Seasonal Muffin Taste it Tuesday Breakfast for Lunch	Cereal & String Cheese Chicken Tenders with Brown Rice	Waffle Wedge with Sunbutter Cup Bean & Cheese Burrito	Breakfast Burrito Turkey Dogs on Whole Wheat Bun
FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL

MEALS ARE FREE TO ALL STUDENTS!

Notice: All breakfasts are served with fresh fruit and choice of milk. Menu is subject to change. All lunches are served with unlimited salad bar and 1% fat or fat free milk. *Contains pork All grains are whole wheat or whole-grain rich. This institution is an equal opportunity provider.



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SUPPER

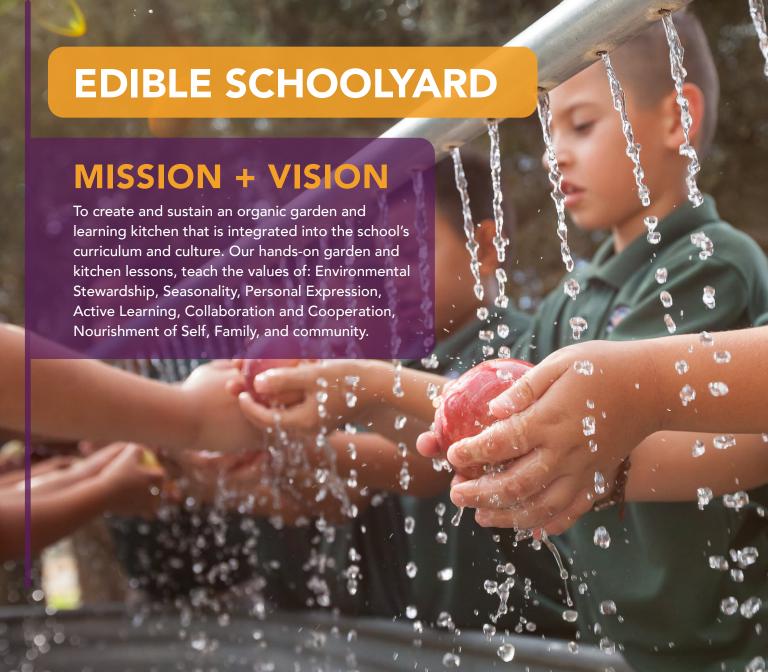
Monday	Tuesday	Wednesday	Thursday	Friday
		Cating Estimates Hispanic Atenting Month	Sincronizada	Frijoles Charros w/ Cornbread
LABOR DAY NO SCHOOL	Chicken & Cheese Quesadilla	Chicken & Waffles	Sloppy Jane on Whole Wheat Bun	9 Bagel Pizzas
Tuna Sandwich on Whole Wheat Bread	BBQ Pork Sliders on Whole Wheat Bun	Turkey & Cheese Enchiladas	Spaghetti & Meatballs	Cheese Quesadilla
English Muffin Pizza	Turkey Burgers on Whole Wheat Bun	Baked Beans w/ Whole Wheat Bread	Cheesy Macaroni	Turkey Melt
FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL	FALL BREAK NO SCHOOL

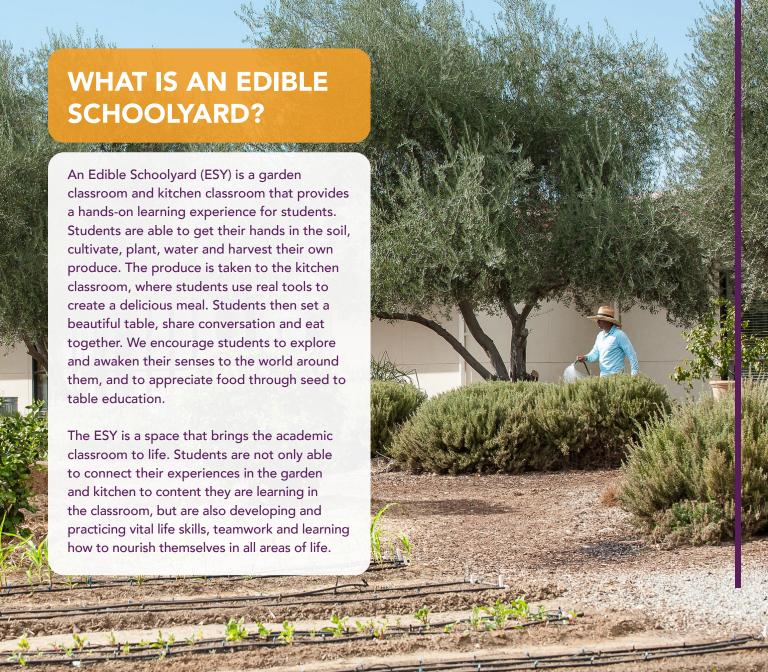
Supper is available to all students participating in the after school program.

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GROW CAFÉ COMMITMENT TO HEALTHY EATING

Grow Academy Arvin is committed to providing healthy eating choices to our student population. All families are strongly encouraged to avoid bringing any outside food that will discourage students from eating the healthy choices that are made available by the school. Families that choose to bring food must choose complete meals that do not exceed state and federal approved laws by which the Grow Café observes. Additionally, the Grow Café does not serve foods with nitrates, trans fats, chemicals, dyed, refined sugars, refined flours, hydrogenated or partially hydrogenated oils, high fructose corn syrup or additives. To avoid bringing these ingredients into the café, please do not provide your children with packaged foods in their lunches.

The Grow Academy Wellness Policy includes a commitment to improve the health of the entire community by teaching students and their family's ways to establish and maintain life long healthy eating habits. In keeping with this goal, the Policy adopted the stipulation that foods offered to students and employees during the day as snacks, incentives, or refreshments in school offices and on school grounds be as healthful and nutritious as possible. Teachers, administrators, and parents who model healthy behavior increase the likelihood of having a positive influence on student behavior. classroom, but are also developing and practicing vital life skills, teamwork and learning how to nourish themselves in all areas of life.

GROW CAFÉ COMMITMENT TO HEALTHY EATING

- Please avoid feeding your student's breakfast at home if they are planning on eating Breakfast in the Classroom.
- If your student's lunch doesn't have a fruit or vegetable, we will ask them to go through the salad bar.
- If your student's lunch doesn't have a protein or whole grain, we will ask them to get a hot lunch.
- We are a nut free campus, please do not include items with or processed with nuts in your student's lunch.
- If your student comes to campus with foods that are not in line with our Healthy Eating Policy, it will be removed from their lunch and available to pick up after school.
- As part of our commitment to healthy eating, we do not serve desert at lunch, please refrain from including sweets in your student's lunch.

RECOMMENDED BEVERAGES, SNACKS, AND LUNCH OPTIONS IF PROVIDING FOOD FROM HOME

- Fruit juice smoothies
- Whole and freshly cut fruits
- Whole and freshly cut vegetables
- Trail mixes (without nuts)
- Water and sparkling waters
- Fruit concentrate and honey sweetened yogurt
- Granola bars
- Herbal teas
- Whole grain crackers
- Baked chips, pretzels, salsa, guacamole, or bean dips
- Snack bars (without nuts)
- Air popped popcorn
- Compressed rice and grain cakes
- Pure 100 % fruit juice, fruit strips and snacks
- Natural fruit-flavored waters
- Raisins and dried fruits
- Hard boiled eggs
- Real cheese
- Homemade sandwiches and meals

FOODS TO AVOID BRINGING TO SCHOOL:

- Lunchables
- Sports drinks
- Caffeinated and carbonated beverages (energy drinks and sodas)
- Processed and packaged snacks (including chips, candies, cookies, and cakes)
- Sugared breakfast cereals
- Juices from concentrate
- Foods that contain artificial colors or flavorings
- Anything containing nuts (we are a nut free campus)
- Fast and convenience food

ALIMENTOS SUGERIDOS PARA TRAER A LA ESCUELA:

- Liquado de zumos de frutas
- Las frutas enteras y recién cortadas
- Verduras enteras y recién cortadas
- Trail mix (sin nueces)
- Agua y aguas cristalinas
- Concentrado de frutas y miel azucarada yogur
- Barras de granola
- Los tés de hierbas
- Galletas integrales
- Papas horneadas, pretzels, salsa, guacamole,
- frijoles o salsas
- Los bares de tapas (sin nueces)
- Palomitas de maíz
- Pasteles de arroz y grano comprimido
- Puro jugo de fruta 100%, tiras de fruta y aperitivos
- Aguas naturales de frutas con sabor
- Las pasas y frutos secos
- Huevos duros
- Queso real
- Sándwiches y comidas caseras

ALIMENTOS QUE NO PUEDE LLEVAR A LA ESCUELA:

- Lunchables
- Las bebidas deportivas
- Las bebidas con cafeína y gaseosas (bebidas energéticas y sodas)
- Bocadillos procesados y envasados (incluidas las Sabritas
- fritas, dulces, galletas y pasteles)
- Cereales de desayuno azucarados
- Los jugos de concentrado
- Los alimentos que contienen colorantes ni aromas
- Cualquier cosa que contenga nueces (somos un campus libre de las nueces y Cacahuates)
- Comida rápida y chatarra



Special Menu Days

#MeatlessMonday: Every Monday, we participate in Meatless Mondays serving vegetarian dishes to all students.

Feature Teacher Fridays: Each campus will highlight one teacher who will give the Café staff one of their family recipes to use on that day.

Chef's Choice Days: On these days, your school's chef will choose a delicious surprise meal to serve.

Worldly Wednesdays: These Wednesdays are an opportunity for your students to travel the world and try new foods from different countries all over the world.

Other Special Days: Halloween's Spooky Menu, Thanksgiving Feast, Christmas Feast, Read Across America Day, Pi Day, Picnic Lunch, Last Day of School Sack Lunch, and more!

Nut Free Campus

Grow Public Schools are nut free campuses. Please do not include anything containing nuts in your student's lunch or in snack from home.

Allergies

The Café staff and school nurses work closely to monitor and manage any food allergies and dietary restrictions. Please see your school's nurse for food allergy forms. The Café staff is required to accommodate all food allergies and documented disabilities but are not required to accommodate any food preferences your student may have. All food allergy and disability forms must be filled out and signed by your student's doctor. A food dislike can not be classified as an allergy.

Allergy & Dietary Symbols on the Menu

- * = Contains Pork
- ° = Contains Shrimp
- e = Vegetarian containing

