



# Union School District SEPTEMBER 2018



Union School Food Service Dept

Mr Michael Welsh, Principal

School Office (623) 478-5000

Cafeteria (623) 478-5042

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3.	4.	5. Early Dismissal	6.	7.
No School	Cinn Mini Bagels Grape Juice Sliced Apples	Sausage Sandwich Peach Bowl Fruit Juice	Yogurt and Scooby Grahams Orange Juice Fresh Grapes	Blueberry Pancakes CranRasp Juice Applesauce
	Beef Meatloaf Mashed Potatoes Fruit & Veggie Bar	Taco Salad Ranch Beans Fruit & Veggie Bar	Chicken Pot Pie w/ biscuit Fruit & Veggie Bar	BBQ Rib Sandwich Corn Cob Creamy Coleslaw Fresh Fruit
10.	11.	12. Early Dismissal	13.	14.
Cereal Bar Grape Juice Applesauce	Muffin & Cheese Stick Sliced Apples Fruit Juice	Cherry Frudel CranRasp Juice Fresh Grapes	PBJ Wafer Fruit Bowl Apple Juice	Pancake Stick Orange Juice Craisins
California Burger French Fries Fruit & Veggie Bar	Beef Taco Refried Beans Fruit & Veggie Bar	Mini Burgers Crunchy Carrots Fresh Fruit	Asian Chicken Stir Fry Veggies Fortune Cookie Fruit & Veggie Bar	Burrito-Enchilada style Chuckwagon Corn Fruit & Veggie Bar
17.	18.	19.	20.	21.
Crunchmania Pear Cup Fruit Juice	Egg Cheese Wrap Orange Juice Cherry Craisins	Staff In-Service	Choc Donut Mozz Stick Grape Juice Sliced Apples	ChocChip Waffles Mandarin Oranges Apple Juice
Chicken Sandwich French Fries Fruit & Veggie Bar	Bean Haystack Buttered Corn Fruit & Veggie Bar	No School	Baked Chicken Mashed Potatoes Fruit & Veggie Bar	Pepperoni Pizza Garden Salad Fresh Strawberries
24.	25.	26. Early Dismissal	27.	28.
Nutri Grain Bar Sliced Apples Grape Juice	Sweet Bread Fruit Juice Orange Cup	Egg Sandwich Melon Craisins Apple Juice	Blueberry CrumbCake Fresh Grapes CranRasp Juice	French Toast Cinn Applesauce Orange Juice
Chicken Nuggets French Fries Fruit & Veggie Bar	Cheese Enchilada Refried Beans Fruit & Veggie Bar	Gyro Sandwich French Fries Fruit & Veggie Bar	Chicken Alfredo Steamed Broccoli Fruit & Veggie Bar	Hot Dog Baked Beans Fresh Fruit

*"This institution is an equal opportunity provider and employer."*

*We offer 1% white and non-fat flavored milks at meal service.*



*Substitute menus are sometimes necessary.*



September brings two Red, White & Blue days. September 3rd is Labor Day, a day to remember and celebrate all the people that work in the US. It gives workers a day of rest and it celebrates their contribution to the American economy. Labor Day is also a time to remember all those who worked over the past two centuries to make and build the United States. September 11<sup>th</sup> is Patriot's Day another day of remembrance.



<p><b>Did You Know??</b></p> <p>That the average corn has 800 kernels in 16 rows?</p> <p>There is 1 corn silk for every corn kernel.</p> <p>Americans consume 16.5 billion quarts of popped popcorn annually, more than anyone else in the world.</p> <p>It takes 25 gallons of water to grow one ear of corn.</p> <p>The U.S. produces about 40 percent of the world's corn.</p>	<p><b>Vegetable of the Month</b></p> <p><b>It's Corn Season- Yay! !</b></p> <p>Corn is a popular food that's known for its yellow color, its pleasant taste, and its unique ability to be eaten on the cob. It is often associated with summertime in general. While corn is normally viewed as a vegetable, it is actually a grain, and the exact classification of this mysterious food can be complicated. Corn can benefit your health, as it delivers B vitamins, folate, vitamin C, beta-carotene, protein and fiber. It also contains an abundance of carbohydrates, which can be a good thing to growing children. Carbohydrates that include fiber and nutrients are a source of long lasting energy that children's bodies need on a daily basis. Good carbs can come from pasta; rice, especially whole grain or brown rice; beans; whole grain breads; corn; sweet potatoes or potatoes; low-fat dairy and other fruits and vegetables.</p> <p>My family loves to put fresh ears of corn on the grill, I add it to salads, casseroles for dinner. You might not know what all kinds of foods get made with corn. You recognize corn cob and popcorn. How about Corn Tortillas that are used for tacos and tostadas? We use corn oil and corn meal for baking. Corn syrup is a thick liquid sweetener used in candy making, and lots of other foods. Corn gets made into cereals: Corn Chex, Corn Flakes, Frosted Flakes, Corn Pops, Kix's, etc.</p> <p>You might not know that corn is dried and fed to animals as food: horses, cows, pigs, chickens, lots of farm animals. So the milk you drink and the eggs you eat were made with corn. Corn has lots of good benefits to it and it tastes so good. No matter if you eat it straight off the cob, mixed in a salad, or in your breakfast cereal with milk, corn taste great.</p>
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<p><b><u>Funny Stuff</u></b></p> <p><b>Knock Knock? Who's There?</b>  <b>PaPa. Papa who?</b>  <b>Papapapa popcorn</b></p> <ol style="list-style-type: none"> <li>1. Why shouldn't you tell a secret on a farm?</li> <li>2. What is white, has a horn and gives milk?</li> <li>3. What did Babycorn say to Mamacorn?</li> <li>4. What kind of keys do kids like to carry?</li> </ol> <p><b>Answers</b></p> <ol style="list-style-type: none"> <li>1. Because the potatoes have eyes and the corn has ears.</li> <li>2. A dairy truck.</li> <li>3. Where is Popcorn?</li> <li>4. Cookies.</li> </ol>	<p><b>Talk like a Pirate Day- Sept 19th</b></p>  <p>International Talk Like A Pirate Day is celebrated in more than 40 countries worldwide. It is a fun day that involves people talking like pirates. Some people dress in pirate costumes as well. It is celebrated among fans in countries such as Australia, Canada, the United Kingdom and the United States.</p> <p><b>How much does a pirate pay to have his ear pierced? <i>A buck an ear</i></b></p> <ul style="list-style-type: none"> <li>• <b><u>Here are a few pirate words to work into your conversation</u></b></li> <li>• <b>Ahoy!</b> - "Hello!"</li> <li>• <b>Avast!</b> - Stop and give attention. Which today makes it more of a "Check it out"</li> <li>• <b>Aye!</b> - "Why yes, I agree most heartily with everything you just said or did."</li> <li>• <b>Aye aye!</b> - "I'll get right on that sir, as soon as my break is over."</li> <li>• <b>Arrr!</b> - "Arrr!" can mean, variously, "yes," "I agree," "I'm happy", it can mean all kinds of things.</li> <li>• <b>Bilge rat</b> – The bilge is the lowest level of the ship. It's loaded with ballast and slimy, reeking water. A bilge rat, then, is a rat that lives in the worst place on the ship. So this is a manly insult to use with your friends.</li> <li>• <b>Lubber</b> – (or land lubber) this is the seaman's version of land lover. The word lubber becomes one of the more fierce weapons in your arsenal of piratical lingo. In a room where everyone is talking like pirates, lubber is ALWAYS an insult.</li> </ul> 
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