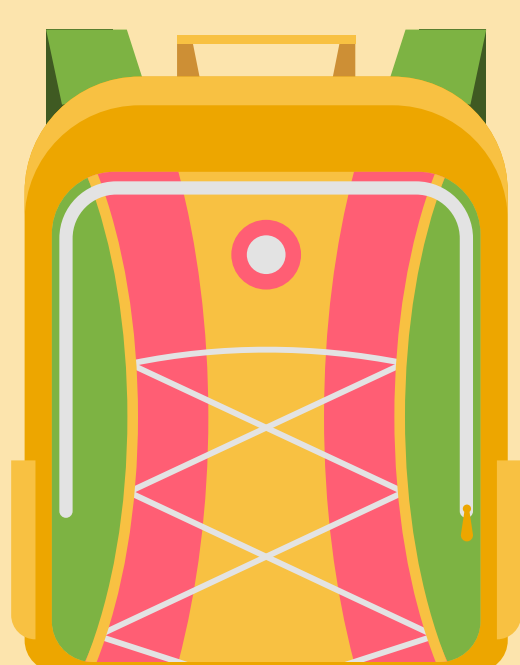


SEPTEMBER

National Backpack Safety Month





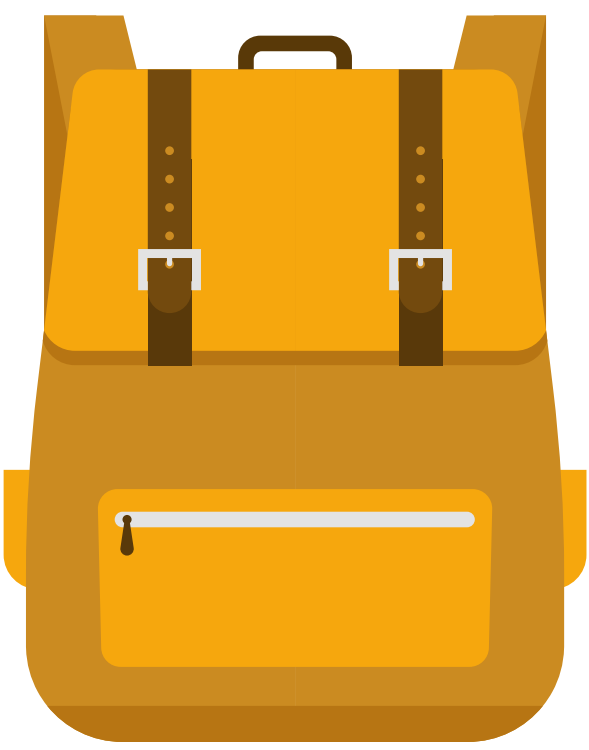
Choose a backpack with wide, padded straps. Always use both straps and be sure your backpack fits close to your body.



Distribute the weight evenly. Use multiple compartments to spread the load. Put the heaviest items closest to the center of your back.



Make sure your backpack weighs less than 10-15% of your weight. Get organized! Only carry what you need and use your desk or locker to stash the extras.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cowboy Bread or Cereal Chicken Patty Sandwich OR Chicken Salad Sandwich Cookie	2 Peanut Butter & Crackers or Cereal Chicken Nuggets OR Harvest Salad Roll
5 No School	6 French Toast or Cereal Chili Dog OR Turkey Club	7 Donut or Cereal Grilled Cheese Sandwich OR BBQ Chicken Salad Tomato Soup	8 Breakfast Pizza or Cereal Chicken Patty Sandwich OR Italian Sub Jello	9 Pancake Bowl or Cereal Cheese Filled Breadstick with Marinara Sauce OR Chicken Wrap Sidekick
12 Waffles or Cereal Lasagna Roll Up OR Chef Salad Garlic Toast Peas	13 Cinnamon Roll or Cereal Orange Chicken over Rice OR Turkey Club Steamed Veggies	14 Pancake Sausage on a Stick or Cereal Country Fried Steak with Mashed Potatoes OR PB & J	15 Sweet Bread or Cereal Hot Dog with Mac & Cheese OR Egg Salad Sandwich Rice Crispy Treat	16 Yogurt & Graham or Cereal Chicken Tenders OR Baked Potato Roll Green Beans
19 Pancakes or Cereal Chicken Alfredo OR Harvest Salad Garlic Toast	20 UBR or Cereal Taco Stick OR Cheese Quesadilla Corn	21 Biscuit Sandwich or Cereal Breakfast Pizza OR Breakfast Sandwich Yogurt	22 Cowboy Bread or Cereal Fish Nuggets OR Chicken Salad Sandwich Tater Tots Brookie	23 Peanut Butter & Crackers or Cereal Calzone with Marinara Sauce OR Caesar Salad
26 French Toast or Cereal Spaghetti & Meatballs OR Turkey Club Peas	27 Donut or Cereal Teriyaki Chicken over Rice OR Egg Salad Sandwich Steamed Veggies	28 Breakfast Pizza or Cereal Chili Fritos OR PB & J Sandwich	29 Muffin or Cereal Country Sandwich OR Italian Sub Pudding	30 Pancake Bowl or Cereal Corn Dog OR BBQ Chicken Salad

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

Entheos Academy Breakfast & Lunch Menu