## AUGUST/SEPTEMBER 2024

Offered Daily at Lunch:

B. Cool Kids: Yogurt, String Cheese, Muffin & Cheez-its

C. Chef's Salad w/ Turkey, Muffin & Cheez-its
D. EZ Soy Butter & Jelly Jammer, String
cheese & Cheez-its

E. Chicken Popper Salad & Graham

Single milk: 0.75 cents

PREORDER ONLY: Second Slice of Pizza \$2.00



	PREORDER ONET. Seco	and Slice of Pizza \$2.00			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Je	26	27	28	29	30
3	Domino's Pizza	Chicken Tenders Whole Grain Roll	Walking Taco	Mini French Toast w/ Turkey Sausage Patty	No
Ĭ	Slice! Spinach & Romaine	Green Beans	Seasoned Black Beans Salsa Cup	100% V-Juice	School
_	Salad			10070 V 00100	
	* Happy *  LABOR DAY	Chicken Patty Sandwich on a Whole Grain Bun	Tasty Turkey Barbacoa Tacos	5 Sweet & Sour Chicken over Brown Rice	- Mighty Chicken Corn Dog
	DAY	Green Beans	Seasoned Black Beans Salsa Cup	Carrot Coins	Tater Tots
	9	10	11	12	13
	Domino's Pizza Slice! Spinach & Romaine	Chicken Nuggets Whole Grain Roll	Beef Nachos Ground beef with cheese sauce & tortilla chips	Mini Confetti Pancakes w/ Turkey Sausage Patty	Cheeseburger on a Whole Grain Bun
	Salad	Green Beans	Corn & Salsa Cup	100% V-Juice	Baked Beans
_	16	17	18	19	20
	Domino's Pizza Slice!	Whole Grain Popcorn Chicken w/ Cheez-its	Beef Soft Tacos	Bosco Cheese Sticks w/ Marinara Dipping Sauce	Turkey Hot Dog String Cheese
	Spinach & Romaine Salad	Green Beans	Seasoned Black Beans Salsa Cup	Carrot Coins	Tater Tots
	23	24 Chicken Nuggets	Beef Nachos 25	26	27
	Slice!	Whole Grain Roll	Ground beef with cheese sauce & tortilla chips	Mini Confetti Pancakes w/ Turkey Sausage Patty	Cheeseburger on a Whole Grain Bun
	Spinach & Romaine Salad	Green Beans	Corn & Salsa Cup	100% V-Juice	Baked Beans
	Domino's Pizza Slice! Spinach & Romaine	Chicken Nuggets	Beef Nachos Ground beef with cheese sauce & tortilla chips	Mini Confetti Pancakes w/ Turkey Sausage Patty	Cheeseburger on a Whole Grain Bun

# EATING THE RAINBOW

A colorful variety on your plate is more than just a feast for the eyes; it's a good choice nutritionally. You might remember learning about Roy G. Biv—red, orange, yellow, green, blue, indigo, and violet—an acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Each color signals a range of health benefits that we will explore together.

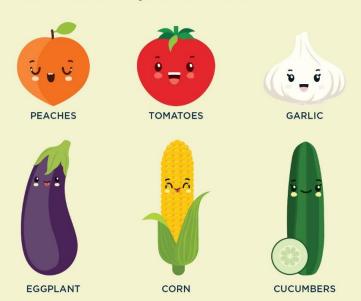
# DIG IN WITH MONTHLY DISCOVERIES

Be sure to check out each month's Discover spotlight to try a vibrant fruit or veggie that showcases the delicious potential of nature's bounty.



# CHALLENGE OF THE MONTH: SAVOR THE FLAVORS OF SUMMER

The warm summer months yield a vibrant array of colorful fruits and veggies. The following are just a few delicious summer selections that you can seek out at your local markets.



### ACE'S RECIPE OF THE MONTH:

### **GRILLED VEGGIE SHISH KABOB\***

### **INGREDIENTS:**

Green Zucchini Yellow Squash

**Red Onion** 

Orange or Red Bell Pepper

White or Brown Mushrooms

Metal or Bamboo Skewers

### PREPARATION:

Ask an adult to cut ingredients to appropriate size.
(Mushrooms may not need to be cut.)

### **INSTRUCTIONS:**

Once cut, help the adult slide vegetables onto skewers, making sure 1 or 2 pieces of each veggie are on each skewer.

Ask the adult to place skewers on hot grill for about 15 minutes, or until vegetables are cooked to your desired taste.

Garnish the kabobs with olive oil or fresh herbs (optional).