

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>26</p> <p>Welcome back to SCHOOL</p> <p>Domino's Pizza Slice! Spinach & Romaine Salad</p>	<p>27</p> <p>Chicken Tenders Whole Grain Roll</p> <p>Green Beans</p>	<p>28</p> <p>Walking Taco</p> <p>Seasoned Black Beans Salsa Cup</p>	<p>29</p> <p>Mini French Toast w/ Turkey Sausage Patty</p> <p>100% V-Juice</p>	<p>30</p> <p>No School</p>
<p>2</p> <p>Happy LABOR DAY</p>	<p>3</p> <p>Chicken Patty Sandwich on a Whole Grain Bun</p> <p>Green Beans</p>	<p>4</p> <p>Tasty Turkey Barbacoa Tacos</p> <p>Seasoned Black Beans Salsa Cup</p>	<p>5</p> <p>Sweet & Sour Chicken over Brown Rice</p> <p>Carrot Coins</p>	<p>6</p> <p>Mighty Chicken Corn Dog</p> <p>Tater Tots</p>
<p>9</p> <p>Domino's Pizza Slice! Spinach & Romaine Salad</p>	<p>10</p> <p>Chicken Nuggets Whole Grain Roll</p> <p>Green Beans</p>	<p>11</p> <p>Beef Nachos Ground beef with cheese sauce & tortilla chips</p> <p>Corn & Salsa Cup</p>	<p>12</p> <p>Mini Confetti Pancakes w/ Turkey Sausage Patty</p> <p>100% V-Juice</p>	<p>13</p> <p>Cheeseburger on a Whole Grain Bun</p> <p>Baked Beans</p>
<p>16</p> <p>Domino's Pizza Slice! Spinach & Romaine Salad</p>	<p>17</p> <p>Whole Grain Popcorn Chicken w/ Cheez-its</p> <p>Green Beans</p>	<p>18</p> <p>Beef Soft Tacos</p> <p>Seasoned Black Beans Salsa Cup</p>	<p>19</p> <p>Bosco Cheese Sticks w/ Marinara Dipping Sauce</p> <p>Carrot Coins</p>	<p>20</p> <p>Turkey Hot Dog String Cheese</p> <p>Tater Tots</p>
<p>23</p> <p>Domino's Pizza Slice! Spinach & Romaine Salad</p>	<p>24</p> <p>Chicken Nuggets Whole Grain Roll</p> <p>Green Beans</p>	<p>25</p> <p>Beef Nachos Ground beef with cheese sauce & tortilla chips</p> <p>Corn & Salsa Cup</p>	<p>26</p> <p>Mini Confetti Pancakes w/ Turkey Sausage Patty</p> <p>100% V-Juice</p>	<p>27</p> <p>Cheeseburger on a Whole Grain Bun</p> <p>Baked Beans</p>



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.



PEACHES



TOMATOES



GARLIC



EGGPLANT



CORN



CUCUMBERS

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).