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
26	27	28	29	30
Chicken Tenders	Domino's Pizza Slice!	Walking Taco	Mini French Toast	No
Whole Grain Roll		Seasoned Black Beans	w/ Turkey Sausage Patty	School
Green Beans	Spinach & Romaine Salad	Salsa	100% V-Juice	301100
2	3	4	5	_ 6
LABOR	Domino's Pizza Slice!	Tasty Turkey Barbacoa Tacos	Sweet & Sour Chicken over Brown Rice	Mighty Chicken Corn Dog
DAY	Spinach & Romaine Salad	Seasoned Black Beans Salsa	Carrot Coins	Tater Tots
9	10	11	12	13
Chicken Nuggets Whole Grain Roll	Domino's Pizza Slice!	Beef Nachos Ground beef with cheese sauce & tortilla chips	Mini Confetti Pancakes w/ Turkey Sausage Patty	Cheeseburger on a Whole Grain Bun
Green Beans	Spinach & Romaine Salad	Salsa & Corn	100% V-Juice	Baked Beans
16	17	18	19_	20
Whole Grain Popcorn Chicken w/ Cheez-its	Domino's Pizza Slice!	Beef Soft Tacos	Bosco Cheese Sticks w/ Marinara Dipping Sauce	Turkey Hot Dog
Green Beans	Spinach & Romaine	Seasoned Black Beans	Carrot Coins	String Cheese
Green Bearis	Salad	Salsa	Carrot Coins	Tater Tots
23	24	Beef Nachos 25	26	27
Chicken Nuggets Whole Grain Roll	Domino's Pizza Slice!	Ground beef with cheese sauce & tortilla chips	Mini Confetti Pancakes w/ Turkey Sausage Patty	Cheeseburger on a Whole Grain Bun
Green Beans	Spinach & Romaine Salad	Salsa & Corn	100% V-Juice	Baked Beans

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.

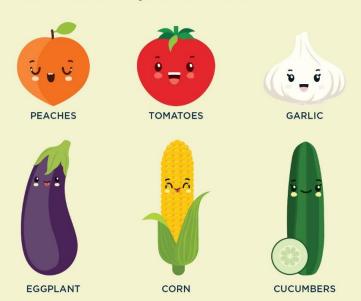
DIG IN WITH MONTHLY DISCOVERIES

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).