

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



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).