

OCTOBER 2024

Offered Daily / Preorder only:

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
30 Chicken Tenders Whole Grain Roll Green Beans	1 Domino's Pizza Slice! Spinach & Romaine Salad	2 Walking Taco Seasoned Black Beans Salsa Cup	3 No School	4 No School
7 Chicken Patty Sandwich on a Whole Grain Bun Green Beans	8 Domino's Pizza Slice! Spinach & Romaine Salad	9 Tasty Turkey Barbacoa Tacos Seasoned Black Beans Salsa Cup	10 Sweet & Sour Chicken over Brown Rice Carrot Coins	11 Mighty Chicken Corn Dog Tater Tots
14 Chicken Nuggets Whole Grain Roll Green Beans	15 Domino's Pizza Slice! Spinach & Romaine Salad	16 Beef Nachos <i>Ground beef with cheese sauce & tortilla chips</i> Corn & Salsa Cup	17 Mini Confetti Pancakes w/ Turkey Sausage Patty 100% V-Juice	18 Cheeseburger on a Whole Grain Bun Baked Beans
21 Whole Grain Popcorn Chicken w/ Cheez-its Green Beans	22 Domino's Pizza Slice! Spinach & Romaine Salad	23 Beef Soft Tacos Seasoned Black Beans Salsa Cup	24 Bosco Cheese Sticks w/ Marinara Dipping Sauce Carrot Coins	25 No School
28 Chicken Nuggets Whole Grain Roll Green Beans	29 Domino's Pizza Slice! Spinach & Romaine Salad	30 Beef Nachos <i>Ground beef with cheese sauce & tortilla chips</i> Corn & Salsa Cup	31  Mini Confetti Pancakes w/ Turkey Sausage Patty 100% V-Juice	1 Cheeseburger on a Whole Grain Bun Baked Beans

SNOWY WHITE

TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

DISCOVER: MUSHROOMS

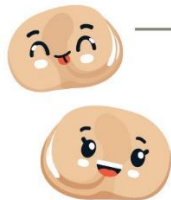
Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



COCONUT: Loaded with potassium, fiber, & vitamin B6
Peak Season: Oct.-Dec.



PARSNIPS: Hearty dose of fiber, vitamins, & minerals
Peak Season: Aug.-March



FAVA BEANS:
Bursting with plant protein, calcium, & micronutrients
Peak Season: March-May

CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.



TAKEAWAY: Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



ACE'S
RECIPE OF THE
MONTH:

NO-BAKE COCONUT CANDY BARS*

Makes 6-8 Bars

INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

***DO NOT attempt to chop ingredients or operate food processor without adult supervision.**