



September



Available Everyday:
 Turkey & Cheese on WG Bread w/ Cheese Stick
 Bagel Lunch with Danimals Yogurt & Cheese Stick
 Sunbutter & Jelly on WG Bread w/ Cheese Stick

All Lunches must include a fruit and/or vegetable
 & may Include:
 1% Low-Fat Milk OR
 Skim Chocolate Milk

All Breads are whole grain & delivered fresh everyday
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 Chicken is whole muscle
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 Milk is hormone & antibiotic free

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	30
	Soft Beef Taco Campfire Pinto Beans	Confetti Pancakes Turkey Sausage Tater Tots	Chicken Dumplings Brown Rice Roasted Broccoli	Meatball Pizza Cheese Pizza Steamed Carrots & Green Beans
Hot Weekly Special: Pizza Bagel		Cold Weekly Special: Blueberry Parfait w/ Granola		
2	3	4	5	6
Cheesy Baked Penne Steamed Peas Garlic Bread	Beef Nachos Fiesta Rice Black Bean & Tomato Salad	French Toast Sticks Turkey Sausage Hash Brown	Sweet & Sour Chicken & WG Rice Bowl Steamed Broccoli	Pepperoni Pizza Cheese Pizza Sweet Potato Fries
Hot Weekly Special: Meatball Parm Sub		Cold Weekly Special: Chicken Caesar Salad w/ WG Dinner Roll		
9	10	11	12	13
Penne w/ Marinara or Meat Sauce Bread Stick Steamed Broccoli	Crispy Chicken Taco Steamed Rice Seasoned Black Beans	Sausage, Egg & Cheese on WG Biscuit Sweet Potato Fries	Hamburger or Cheeseburger Baked French Fries	BBQ Chicken Pizza Cheese Pizza Steamed Green Beans
Hot Weekly Special: Turkey & Cheese Melt		Cold Weekly Special: Strawberry Greek Yogurt Parfait w/ Granola		
16	17	18	19	20
Macaroni & Cheese Spinach	Chicken Quesadilla Mexi Rice Campfire Pinto Beans	Blueberry Waffle Turkey Sausage Tater Tots	Mashed Potato Bowl with Chicken & Carrots Dinner Roll	Pepperoni Pizza Cheese Pizza Green Beans
Hot Weekly Special: Pizza Bagel		Cold Weekly Special: Chef Salad w/ HB Egg & Dinner Roll		
23	24	25	26	27
Meatball Parm Sub Roasted Broccoli	Chicken Nacho Santa Fe Rice Seasoned Black Beans	Maple Waffles Turkey Sausage Hash Brown	BBQ Chicken Seasoned Rice Roasted Carrots	Pizza Dunkers w/ Marinara Sauce Green Beans
Hot Weekly Special: Cheese & Bean Quesadilla		Cold Weekly Special: Apple Cinnamon Smoothie w/ Graham Crackers		

TOASTY TONES

While not as colorful as the rest of the food rainbow, brown produce provides invaluable health benefits. Ranging from tan to deep brown in color, these hearty seeds, beans, roots, and grains are high in fiber and antioxidants, which help protect the body against digestive and heart issues. This family of foods includes most whole grains like wheat, brown rice, quinoa, and oats, as well as nuts, coffee, tea, and dark chocolate.

DISCOVER: DATES

Best not be late when the menu calls for dates! In season October through January, dates are a delicious snack or baking addition packed with fiber, calcium, and iron.



ALMONDS: Bursting with fiber, magnesium, & vitamin E

Peak Season: Aug.-Oct.

BROWN PEAR: Hearty dose of vitamin C, fiber, and copper

Peak Season: Sep.-Apr.



QUINOA: Brimming with fiber, protein, & quercetin

Peak Season: Sep.-Nov.

CHALLENGE OF THE MONTH: BEAN MOSAICS

Mosaics are about using small objects to make a bigger picture. First decide what you want to depict and draw a rough outline on your background. Then paint glue over a small area at a time and place the beans in the glue to make your masterpiece.

You'll need: glue, paintbrush, cardboard, pencils, and a variety of dry beans and seeds



ACE'S
RECIPE OF THE
MONTH:

HEALTHY-YET-DELICIOUS BROWNIES*

Serves 16

INGREDIENTS:

- 15 fresh medjool dates
- 3/4 cup cacao powder
- 2 free-ranged eggs
- 1/3 cup cold-pressed coconut oil (melted)
- 1/2 to 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1 pinch of sea salt

PREPARATION:

1. Preheat the oven to 360° Fahrenheit.
2. Pour boiling water into a large bowl, carefully place a smaller bowl into the water, and then add the coconut oil into the small bowl to melt.
3. Pit the dates, soak them in warm water for 5-10 minutes, then remove from water.
4. Blend the dates, coconut oil, eggs, and cacao powder together in a blender until smooth.
5. Grease a baking dish with extra coconut oil and pour the brownie batter in.
6. Bake for 20-25 minutes (depending on thickness).
7. Once cooked, remove from oven, let them cool, sprinkle with extra cacao powder, cut into squares, and enjoy!

*DO NOT attempt to cook, bake, or blend without adult supervision.