

### Daily Fruit & Veg Options\*:

- Monday- Apple slices, Baby carrots
- Tuesday- Grapes, Sliced Cucumber
- Wednesday- Applesauce, Celery sticks
- Thursday- Banana, Baby carrots
- Friday- Apple slices, Broccoli

### Offered Daily:

- Pretzel Pack (WG pretzel, string cheese, and yogurt)
- Sun butter & Jelly Sandwich
- Deli Sandwich (with or without meat)

### Daily Juice & Milk Options:

- All 100% fruit Juices: Apple, Orange, Fruit Punch
- 1% White Milk
- Skim Chocolate Milk

Meal Price: \$2.95

\*\*Please notify staff about any allergy/ ingredient concerns\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <b>Penne Alfredo with Chicken</b> <b>Popcorn Chicken</b> <i>Fries</i> <b>Southwest Salad</b>	1 <b>Chicken or Cheese Quesadilla</b> <b>Popcorn Chicken</b> <i>Black Beans</i> <b>Southwest Salad</b>	2 <b>Cheese or Pepperoni Pizza</b> <b>Popcorn Chicken</b> <i>Green Beans</i> <b>Southwest Salad</b>	3 	4 <b>Fish Sticks and Mac &amp; Cheese</b> <b>Popcorn Chicken</b> <i>Corn</i> <b>Southwest Salad</b>
7 <b>Hot Dog</b> <b>Pizza Max Sticks</b> <i>Sliced Carrots</i> <b>Popcorn Chicken Salad</b>	8 <b>Nachos</b> <b>Pizza Max Sticks</b> <i>Pinto Beans</i> <b>Popcorn Chicken Salad</b>	9 <b>Cheese or Pepperoni Pizza</b> <b>Pizza Max Sticks</b> <i>Mixed Veggies</i> <b>Popcorn Chicken Salad</b>	10 <b>French Toast &amp; Turkey Sausage</b> <b>Pizza Max Sticks</b> <i>Tater Tots</i> <b>Popcorn Chicken Salad</b>	11 <b>Grilled Cheese &amp; Tomato Soup</b> <b>Pizza Max Sticks</b> <i>Peas</i> <b>Popcorn Chicken Salad</b>
14 <b>Cheese Pizza-dilla</b> <b>Chicken Patty Sand.</b> <i>Fries</i> <b>Egg Chef Salad</b>	15 <i>Try it Tuesday!</i> <b>Cheesy Chorizo Enchilada</b> <b>Chicken Patty Sand.</b> <i>Black Beans</i> <b>Egg Chef Salad</b>	16 <b>Cheese or Pepperoni Pizza</b> <b>Chicken Patty Sand.</b> <i>Green Beans</i> <b>Egg Chef Salad</b>	17 <b>Waffles &amp; Turkey Sausage</b> <b>Chicken Patty Sand.</b> <i>5 Veg Blend</i> <b>Egg Chef Salad</b>	18 <b>Country Chicken Bowl with Mashed Potatoes</b> <b>Chicken Patty Sand.</b> <i>Corn</i> <b>Egg Chef Salad</b>
21 <b>Meatball Sub</b> <b>Chicken Tenders</b> <i>Sliced Carrots</i> <b>Caesar Salad</b>	22 <b>Chicken or Bean Tacos</b> <b>Chicken Tender</b> <i>Vegetarian Beans</i> <b>Caesar Salad</b>	23 <b>Cheese or Pepperoni Pizza</b> <b>Chicken Tender</b> <i>Mixed Veggies</i> <b>Caesar Salad</b>	24 <b>Confetti Pancakes &amp; Turkey Sausage</b> <b>Chicken Tenders</b> <i>Potato Smiles</i> <b>Caesar Salad</b>	25 <b>Ham &amp; Cheese Pretzel Melt</b> <b>Chicken Tenders</b> <i>Broccoli</i> <b>Caesar Salad</b>
28 <b>BBQ Meatballs</b> <b>Cheeseburger</b> <i>Fries</i> <b>Garden Salad</b>	29 <b>Beef Walking Tacos</b> <b>Cheeseburger</b> <i>Black Beans</i> <b>Garden Salad</b>	30 <b>Cheese or Pepperoni Pizza</b> <b>Cheeseburger</b> <i>Peas</i> <b>Garden Salad</b>	31 <b>Pumpkin Spice Chicken &amp; Waffles</b> <b>Cheeseburger</b> <i>5 Blend Veg</i> <b>Garden Salad</b> <i>Halloween Treat</i>	1 

# YELLOW WORLD

Sunshine yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include lemon, yellow tomatoes, garbanzo beans, pineapple, yellow peppers, and egg yolks.

## DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



**PINEAPPLE:** Full of vitamin C, calcium, & iron  
**Peak Season:** Apr.-May

**LEMON:** Bursting with fiber, vitamin C, & potassium  
**Peak Season:** Nov.-Mar.



**BANANA:** Brimming with fiber & potassium  
**Peak Season:** Apr.-Oct.

## CHALLENGE OF THE MONTH: DON'T GET YOUR TONGUE IN A TWIST

It's surprisingly easy to jumble certain sayings. Try saying these phrases slowly, then three times fast. Invite your family and friends to join you. Can you say these phrases correctly every time? Can you think of other examples?

CAN I HAVE ONE?



NOPE



1. SELFISH SHELLFISH



2. FRESHLY FRIED FLYING FISH

3. EDDIE EDITED IT

4. TRULY RURAL

5. SIX SLIPPERY SNAILS SLID SLOWLY SEAWARD



**ACE'S**  
RECIPE OF THE  
MONTH:

## PEANUT BUTTER BANANA ENERGY BARS\*

Serves 12



### INGREDIENTS:

- 3 very ripe bananas
- 1 cup peanut butter
- 1/4 cup honey or maple syrup, for a vegan version
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 cups old-fashioned oats
- 1 cup sliced almonds or other nut/seed combination

### PREPARATION:

- Using a hand or standing mixer, mix the bananas, peanut butter, honey, cinnamon, and vanilla extract until very smooth.
- Add oats and almonds and mix until combined.
- Evenly spread and flatten onto a parchment-covered baking dish (about 9x9 inches).
- Bake at 350 degrees for 30 minutes, or until golden brown on edges.
- Allow to cool completely before cutting bars.
- Store at room temperature for a week or freeze for up to six months in an airtight container/wrapped individually in plastic wrap.

**\*DO NOT attempt cook or chop without adult supervision.**