

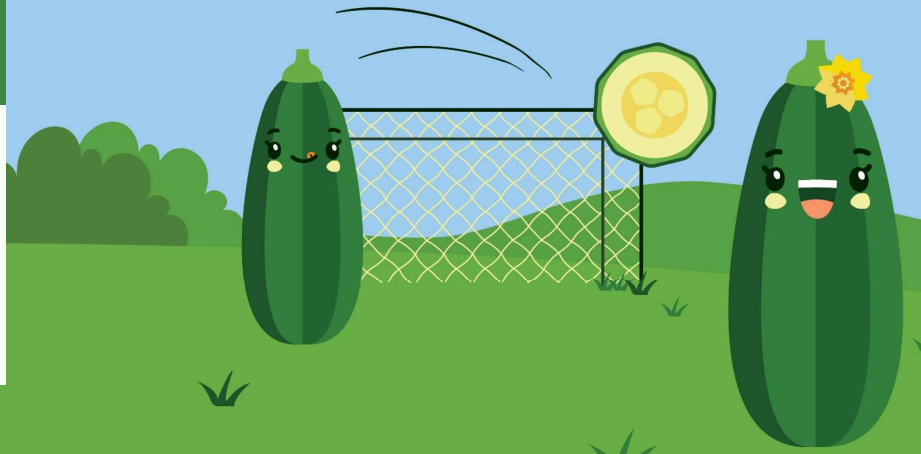


**SEPTEMBER 2023**

**PICK 2** You can always **Pick 2** for Breakfast in the Cafe

**Breakfast Milk Options:**  
1% White & 1% Chocolate

**ACE'S CORNER**



100% Juice offered Daily at Lunch

Lunch Milk Options: 1% White, 1% Chocolate, & 1% Strawberry

Vegetarian Entrees have an \* All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>Hello September</i></p>			<p>Cinni-Mini Apple Orange Yogurt Smoothie <b>1</b></p> <hr/> <p>Pepperoni Pizza Corn Dog on a Stick Turkey &amp; Cheese Sub (3-5)</p> <hr/> <p>Romaine Salad, Cucumber Slices, Apricot Halves, Fresh Whole Apple</p>
<p><b>LABOR Day</b> <b>4</b></p>	<p>Pumpkin Breakfast Bread <b>5</b> Peach Yogurt Smoothie</p> <hr/> <p>Cheese Pizza  Grilled Cheese* (3-5) Pretzel, Yogurt, Cheese Plate* <b>National Cheese Pizza Day!</b> Fresh Broccoli, Steamed Carrots, Diced Pears, Orange Slices</p>	<p>Chicken Breakfast Biscuit <b>6</b> Strawberry Pineapple Yogurt Smoothie</p> <hr/> <p>Walking Taco Chicken Quesadilla (3-5) Ham &amp; Cheese Sub</p> <hr/> <p>Baby Carrots, Kickin Pinto Beans, Diced Peaches, Fresh Apple</p>	<p>Pancake on a Stick <b>7</b> Strawberry Yogurt Parfait</p> <hr/> <p>Bacon Cheeseburger Bosco Sticks &amp; Sauce* Turkey Chef Salad &amp; Roll (3-5)</p> <hr/> <p>Celery Sticks, Mixed Vegetables, Applesauce, Fresh Pear</p>	<p>Biscuit &amp; Gravy <b>8</b> Pink Lemonade Yogurt Smoothie</p> <hr/> <p>Hot Dog on a Bun Cheeseburger on a Bun</p> <p style="text-align: center;"><b>Grandparent's Day!</b></p> <p>Chips/Fresh Whole Apple/Cookie</p>
<p>French Toast Sticks <b>11</b> Strawberry Apple Yogurt Smoothie</p> <hr/> <p>Pasta &amp; Meatballs (3-5) Chicken Tenders &amp; Breadstick Make-Your-Own Pep Pizza Bagel</p> <hr/> <p>Fresh Broccoli, Green Beans, Fruit mix, Fresh Oranges</p>	<p>Sausage Breakfast Pizza <b>12</b> Pineapple Yogurt Parfait</p> <hr/> <p>Chicken Sliders (3-5) Hot Dog on a Bun Peanut Butter &amp; Jelly Sandwich*</p> <hr/> <p>Red Pepper Strips, Mashed Potatoes, Diced Pears, Fresh Banana</p>	<p>Egg &amp; Cheese English Muffin <b>13</b> Purple Haze Yogurt Smoothie</p> <hr/> <p>Chicken Dumpling &amp; Fried Rice (3-5) Cheeseburger on a Bun Turkey &amp; Cheese Sandwich</p> <hr/> <p>Edamame Beans, Peas &amp; Carrots, Diced Peaches, Fresh Apple</p>	<p>Egg, Sausage &amp; Cheese Tacos <b>14</b> Blueberry Yogurt Parfait</p> <hr/> <p>French Toast &amp; Sausage Chicken Patty on a Bun Popcorn Chicken Salad &amp; Roll (3-5)</p> <hr/> <p>Zucchini Slices, Celery Sticks, Warm Apple Slices, Fresh Pear</p>	<p>French Toast Sticks <b>15</b> Choc Strawberry Yogurt Smoothie</p> <hr/> <p>Pepperoni Pizza Grilled Bacon &amp; Cheese (3-5) Pretzel, Yogurt, Cheese Plate*</p> <hr/> <p>Fresh Spinach, Fresh Baby Carrots Apricot Halves, Fresh Whole Apple</p>
<p>Sausage Egg &amp; Cheese Flatbread <b>18</b> Apple Orange Yogurt Smoothie</p> <hr/> <p>Mini Corn Dogs w/ Mac &amp; Cheese Cheeseburger on a Bun (3-5) Peanut Butter &amp; Jelly *</p> <p><b>National Cheeseburger Day!</b>  Romaine Salad, Celery Sticks, Fruit mix, Fresh Oranges</p>	<p>Bacon Breakfast Pizza <b>19</b> Strawberry Yogurt Parfait</p> <hr/> <p>Beef &amp; Cheese Nachos Grilled Chicken on a Bun Baja Vegetable Salad &amp; Roll* (3-5)</p> <hr/> <p>Refried Beans, Street Style Corn, Diced Pears, Fresh Banana</p>	<p>Pancake on a Stick <b>20</b> Tropical Yogurt Smoothie</p> <hr/> <p>Popcorn Chicken Bowl &amp; Breadstick Cheese Pizzadilla* Turkey Chef Salad &amp; Roll (3-5)</p> <hr/> <p>Fresh Broccoli, Red Pepper Strips Diced Peaches, Fresh Apple</p>	<p>Bacon Egg &amp; Cheese Burrito <b>21</b> Peach Yogurt Parfait</p> <hr/> <p>BBQ Chicken Flatbread (3-5) Chicken Nuggets &amp; Breadstick Turkey &amp; Cheese Sandwich</p> <p style="text-align: center;"><b>Ace's Birthday Bash Day!</b>  Romaine Salad, Fresh Cucumber, Applesauce, Fresh Strawberries</p>	<p>Chicken &amp; Cheese Biscuit <b>22</b> Apple Cinnamon Yogurt Smoothie</p> <hr/> <p>Cheese Pizza* Grilled Ham &amp; Cheese Chicken &amp; Cheese Salad &amp; Roll (3-5)</p> <hr/> <p>Fresh Baby Carrots, Mixed Vegetables Apricot Halves, Fresh Whole Apple</p>
<p>Biscuit &amp; Gravy <b>25</b> Pink Lemonade Yogurt Smoothie</p> <hr/> <p>Twin Soft Tacos Cheese Quesadilla* Cookie Humus &amp; Yogurt Plate* (3-5)</p> <hr/> <p>Romaine Salad, Green Beans, Fruit mix, Fresh Oranges</p>	<p>Bacon Egg &amp; Cheese Frittata &amp; Jst <b>26</b> Blueberry Yogurt Parfait</p> <hr/> <p>Cheeseburger Meatloaf Sandwich Pizza Sticks &amp; Sauce* Chicken Ranch Wrap (3-5)</p> <hr/> <p>Pickled Cucumbers, Baked Beans, Diced Pears, Fresh Banana</p>	<p>Sausage English Muffin Sandwich <b>27</b> Berry Banana Yogurt Smoothie</p> <hr/> <p>Pancakes &amp; Scrambled Eggs Chicken Patty on a Bun Italian Salad w/ Ham &amp; Roll (3-5)</p> <hr/> <p>Fresh Baby Carrots, Celery Sticks, Warm Peach Slices, Fresh Apple</p>	<p>French Toast Sticks <b>28</b> Strawberry Yogurt Parfait</p> <hr/> <p>Thai Chicken Tenders &amp; Rice (3-5) Hamburger on a Bun Make-Your-Own Pep Pizza Bagel</p> <hr/> <p>Golden Corn, Edamame Beans, Applesauce, Fresh Watermelon</p>	<p>Orange Glazed Cinnamon Roll <b>29</b> Purple Haze Yogurt Smoothie</p> <hr/> <p>Sausage Pizza Grilled Cheese* Yogurt, Apple, Cheese Plate* (3-5)</p> <hr/> <p>Fresh Spinach, Red Pepper Strips, Apricot Halves, Fresh Whole Apple</p>

# SQUASH HUNGER WITH THIS POWERHOUSE VEGGIE!

Zucchini, known as a courgette in Europe, is a summer squash belonging to the cucurbita pepo species. Zucchini grows best in the summer though they are available all year long. Zucchini are a healthy addition to any meal since they are fat and cholesterol free, low in sodium, and rich in vitamins and minerals. The World's Largest Zucchini was grown in Devon, UK and measured 69.5 inches long at a weight of 65 pounds. Ranging in color from a dark green to a golden yellow, zucchini's relatives include pumpkins and gourds—making it the perfect introduction to fall.



## ACE'S JOKE OF THE MONTH

Q. WHY IS IT A BAD IDEA TO TELL SECRETS IN A CORNFIELD?

SEE ANSWER BELOW



## DID YOU KNOW?

**ZUCCHINI CAN GROW TO THE SIZE OF A BASEBALL BAT!**

But when it comes to taste, bigger is not better! Typically zucchini are harvested at about 6-8 inches.

**ZUCCHINI FLOWERS ARE EDIBLE!**

Each zucchini plant has a flower sprout on top which is totally safe to eat—if you dare!

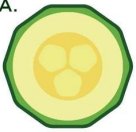
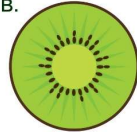
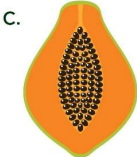

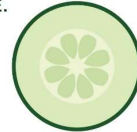











## ACTIVITY: SLICE AS NICE.

Be sure to eat your greens! These fruits and veggies are all delicious additions to your diet.

**MATCH THE FRUITS AND VEGGIES TO THEIR SLICES.**

SEE ANSWER BELOW

A. 	B. 	C. 	D. 	E. 	F. 	G. 
						
1. JALAPEÑO	2. PAPAYA	3. LIME	4. CUCUMBER	5. STARFRUIT	6. ZUCCHINI	7. KIWI

## BONUS



**IN A PICKLE...** Which of these is typically used to make pickles?

SEE ANSWER BELOW