






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  Mac N' Cheese (V) Mixed Greens Salad Fruit	2 Chili (V) Sweet Cornbread Garden Salad Fruit	3 EARLY DISMISSAL Bean & Rice Burrito (V) Veggie Sticks Fruit	4 Crispy Turkey Tacos (M) or Crispy Lentil Tacos (V) w/ lettuce, tomatoes & cheese Fruit	5 Cheese Pizza (V) Caesar Side Salad Fruit	6 ** Made with WowButter (Soy-based & Peanut-free) (M) Contains meat (V) Meatless
7	8  Alfredo Pasta (V) Roasted Veggies Fruit	9 Chicken Tenders (M) or Veggie Burger (V) Sweet Potato Fries Fruit	10 EARLY DISMISSAL ** PB&J Sandwich (V) Veggie Sticks Fruit	11 Grilled Cheese Sammy & Alphabet Pasta Soup (V) Mixed Greens Salad Fruit	12 Cheese Pizza (V) Caesar Side Salad Fruit	13
14	15  Mac N' Cheese (V) Mixed Greens Salad Fruit	16 Chili (V) Sweet Cornbread Garden Salad Fruit	17 EARLY DISMISSAL Bean & Rice Burrito (V) Veggie Sticks Fruit	18 Crispy Turkey Tacos (M) or Crispy Lentil Tacos (V) w/ lettuce, tomatoes & cheese Fruit	19 EARLY DISMISSAL NO LUNCH SERVED	20
21 Did You Know? Brussels sprouts may look like baby cabbages, but they're not. They just belong to the same family—like two cousins.	22 They don't grow on the ground like cabbages do either, but on thick stalks. Brussels sprouts are actually immature leaf buds.	23 One helping of Brussels sprouts gives you more Vitamin C than an orange—think 150% more! Vitamin C is a type of antioxidant .	24 Antioxidants behave like super heroes to protect our body's cells from damaging particles called free radicals .	25 Some free radicals form when our bodies perform normal functions like turn food into energy, fix a cut, or help you grow tall. Our bodies can usually make enough antioxidants to get rid of those.	26 However, air pollution, cigarette smoke, and pesticides create more free radicals than our bodies can handle. That's why we need to help by getting antioxidants from food.	27 Be sure to get plenty of antioxidants from colorful fruits and vegetables to keep your body in tip-top shape!
28  Brussels Sprouts	29 Crispy Roasted Brussels Sprouts (Do try this at home!)	30 What to get: 1 pound Brussels sprouts 2 tablespoons olive oil ½ teaspoon kosher salt ¼ teaspoon black pepper	31 What to do: 1. Preheat oven to 400°F. 2. Cut Brussels sprouts in half the long way and get rid of yellow or brown leaves.	3. Put Brussels sprouts on a baking sheet. Toss together with oil, salt, and pepper. 4. Roast for 13 minutes. Then flip them upside down.	5. Roast for another 10- 12 minutes until they are brown and crispy. 6. Eat immediately and be careful not to burn your tongue!	 Eat the Rainbow!

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This menu is subject to change without prior notice