






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>1</p> <p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p>2</p> <p>Mac N' Cheese (V) Mixed Greens Salad Fruit</p>	<p>3</p> <p>Chili (V) Sweet Cornbread Garden Salad Fruit</p>	<p>4</p> <p>Crispy Turkey Tacos (M) or Crispy Lentil Tacos (V) w/ lettuce, tomatoes & cheese Fruit</p>	<p>5</p> <p>EARLY DISMISSAL Bean & Rice Burrito (V) Veggie Sticks Fruit</p>	<p>6</p> <p>** Made with WowButter (Soy-based & Peanut-free) (M) Contains meat (V) Meatless</p>
7	 <p>8</p> <p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p>9</p> <p>Alfredo Pasta (V) Roasted Veggies Fruit</p>	<p>10</p> <p>Chicken Tenders (M) or Veggie Burger (V) Sweet Potato Fries Fruit</p>	<p>11</p> <p>Grilled Cheese Sammy & Alphabet Pasta Soup (V) Mixed Greens Salad Fruit</p>	<p>12</p> <p>EARLY DISMISSAL ** PB&J Sandwich (V) Veggie Sticks Fruit</p>	<p>13</p>
14	 <p>15</p> <p>Cheese Pizza (V) Caesar Side Salad Fruit</p>	<p>16</p> <p>Mac N' Cheese (V) Mixed Greens Salad Fruit</p>	<p>17</p> <p>Chili (V) Sweet Cornbread Garden Salad Fruit</p>	<p>18</p> <p>Crispy Turkey Tacos (M) or Crispy Lentil Tacos (V) w/ lettuce, tomatoes & cheese Fruit</p>	<p>19</p> <p>EARLY DISMISSAL Bean & Rice Burrito (V) Veggie Sticks Fruit</p>	<p>20</p>
<p>21</p> <p>Did You Know? Brussels sprouts may look like baby cabbages, but they're not. They just belong to the same family—like two cousins.</p>	<p>22</p> <p>They don't grow on the ground like cabbages do either, but on thick stalks. Brussels sprouts are actually immature leaf buds.</p>	<p>23</p> <p>One helping of Brussels sprouts gives you more Vitamin C than an orange—think 150% more! Vitamin C is a type of antioxidant.</p>	<p>24</p> <p>Antioxidants behave like super heroes to protect our body's cells from damaging particles called free radicals.</p>	<p>25</p> <p>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.</p>	<p>26</p> <p>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.</p>	<p>27</p> <p>Be sure to get plenty of antioxidants from colorful fruits and vegetables to keep your body in tip-top shape!</p>
<p>28</p>  <p>Brussels Sprouts</p>	<p>29</p> <p>Crispy Roasted Brussels Sprouts (Do try this at home!)</p>	<p>30</p> <p>What to get: 1 pound Brussels sprouts 2 tablespoons olive oil ½ teaspoon kosher salt ¼ teaspoon black pepper</p>	<p>31</p> <p>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.</p>	<p>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.</p>	<p>5. Roast for another 10- 12 minutes until they are brown and crispy. 6. Eat immediately and be careful not to burn your tongue!</p>	 <p>Eat the Rainbow!</p>

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This menu is subject to change without prior notice