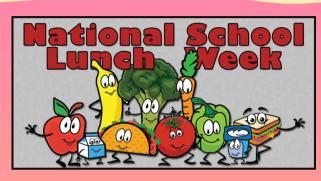


## Seattle's Big-City Bite's Chicken Teriyaki Rice Bowl

- a symphony of sweet, savory and crunchy. A testament to Seattle's gastronomic creativity and a must-try to experience the city's renowned culinary offerings.



National School Lunch Week, observed from October 9th to 13th, shines a spotlight on the importance of healthy and balanced meals for students across the country. From fresh fruits and vegetables to whole grains and lean proteins, these lunches are designed to fuel young minds and bodies.

## **OCTOBER**



Farm to School Month is promoting the health and well -being of students through a deeper connection with their food sources.

Get ready to embrace the spine-chilling enchantment of **Fall**, as the air grows crisp and leaves rustle with secrets. From eerie costume parties to the quest for the perfect pumpkin, **Fall** beckons with a bewitching blend of colors and fun, promising a season where the ordinary transforms into the extraordinary.



With a variety of colors, flavors, and uses, GRAPES have become an essential part of culinary, cultural, and even medicinal landscapes. From the rich sweetness of red grapes to the zesty tang of green ones, the spectrum of flavors within the grape family is astounding.



**October 4th is National** 



Whether you're celebrating with a classic taco or experimenting with your own homemade creation, take a moment to honor the magic of tacos and the joy they bring to our taste buds and hearts.

Nutrition Services nutrition information is available upon request.