

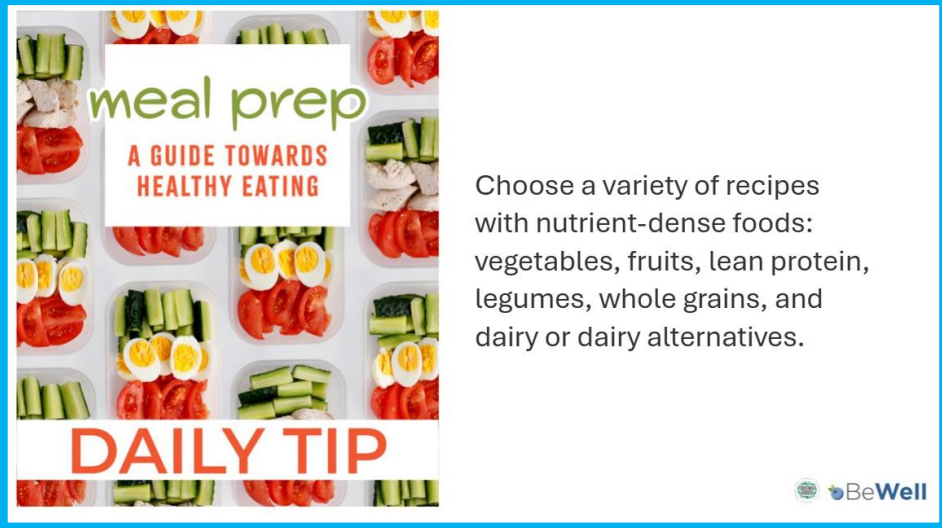



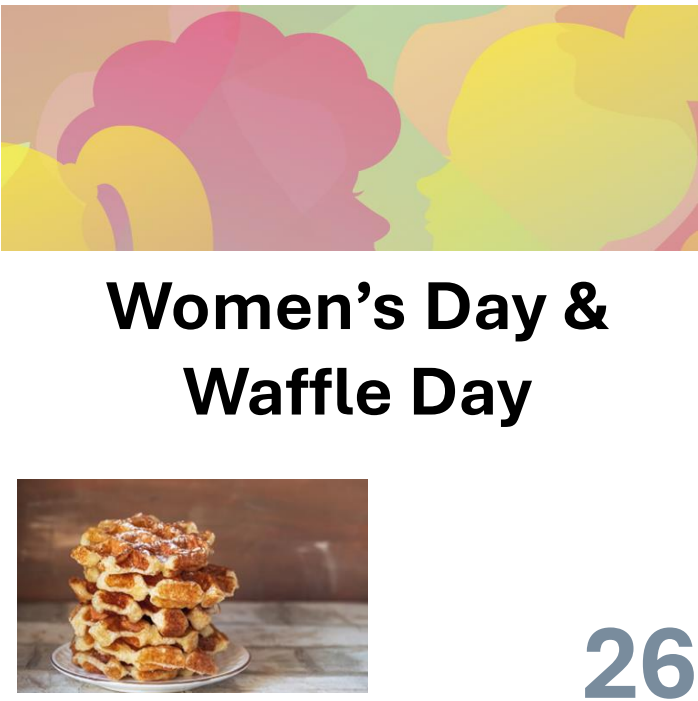







AUGUST  
2025

SPECIAL EVENTS  
& PROMOTIONS

MON	TUE	WED	THUR	FRI
				1
4	5	6	7	8
11			14	15
 Peach Month	 meal prep A GUIDE TOWARDS HEALTHY EATING DAILY TIP Choose a variety of recipes with nutrient-dense foods: vegetables, fruits, lean protein, legumes, whole grains, and dairy or dairy alternatives. BeWell		 Lemonade Day	 Chocolate Chip Cookie Day
18	19	20	21	22
 Watermelon Day & So Good: Tomato Day	 Women's Day & Waffle Day	 Panini Day	 Bacon Day	 NO SCHOOL National Sandwich Month
25	26	27	28	29