

Wellness Tip: Pumpkins are high in fiber and vitamin A which is good for your eyes. They're full of antioxidants that fight sickness. Pumpkins are 90% water. You can roast pumpkin seeds for a healthy snack. October 27th is National Pumpkin Day. Join us for Pumpkin Spice Chicken & Waffle Sandwich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates That Rate: 9/5 Ace's Bday-Giveaway! 9/23 School is Closed 9/30 Early Dismissal k-12		1 Mini Cinni Strawberry Poptart Fresh Fruit Or 100% Juice Choice of Milk	2 Yom Kippur School Is Closed	3 Vanilla Yogurt W Goldfish Fresh Fruit Or 100% Juice Choice of Milk
6 Blueberry Waffles Cocoa Puffs Bar Fresh Fruit Or 100% Juice Choice of Milk	7 Cinnamon Raisin Bagel Cocoa Puffs Cereal Fresh Fruit Or 100% Juice Choice of Milk	8 Chocolate Crescent Roll Apple Nutrigrain Bar Fresh Fruit Or 100% Juice Choice of Milk	9 Mini Trix French Toast Fruit Loops Cereal Fresh Fruit Or 100% Juice Choice of Milk	10 French Toast Sticks Rice Krispies Fresh Fruit Or 100% Juice Choice of Milk
13 Pumpkin Bread Choco Chip Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk	14 Confetti Pancakes Frosted Fudge Poptart Fresh Fruit Or 100% Juice Choice of Milk	15 Apple Smoothie w Goldfish Chex Cereal Fresh Fruit Or 100% Juice Choice of Milk	16 Grape Frudel Trix Cereal Bar Fresh Fruit Or 100% Juice Choice of Milk	17 Apple Frudel Banana Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk
20 Diwali School Is Closed	21 Sausage Egg & Cheese Bagel Cinnamon Toast Crunch Fresh Fruit Or 100% Juice Choice of Milk	22 Breakfast Burrito Strawberry Pop tart Fresh Fruit Or 100% Juice Choice of Milk	23 Chocolate Crescent Roll Apple Nutrigrain Bar Fresh Fruit Or 100% Juice Choice of Milk	24 Vanilla Yogurt W Goldfish Fresh Fruit Or 100% Juice Choice of Milk
27 Mini Blueberry Waffles Cinnamon Poptart Fresh Fruit Or 100% Juice Choice of Milk	28 Apple Frudel Banana Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk	29 Scrambled Egg & Cheese Cheerios Cereal Fresh Fruit Or 100% Juice Choice of Milk	30 Banana Bread Choco Chip Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk	31 Confetti Pancakes Frosted Fudge Poptart Fresh Fruit Or 100% Juice Choice of Milk