

# SEPTEMBER 2020



OK 2

Choose at least two of the components offered to build a nutritious lunch: **Entree**, **Vegetables**, **Fruit** or **Milk**.

**Cafeteria Celebrations**  
 September 4<sup>th</sup> National Cheese Pizza Day  
 September 8<sup>th</sup> National Potato Day  
 September 17<sup>th</sup> National Cheeseburger Day  
 September 28<sup>th</sup> National Pancake Day

ACE'S CORNER

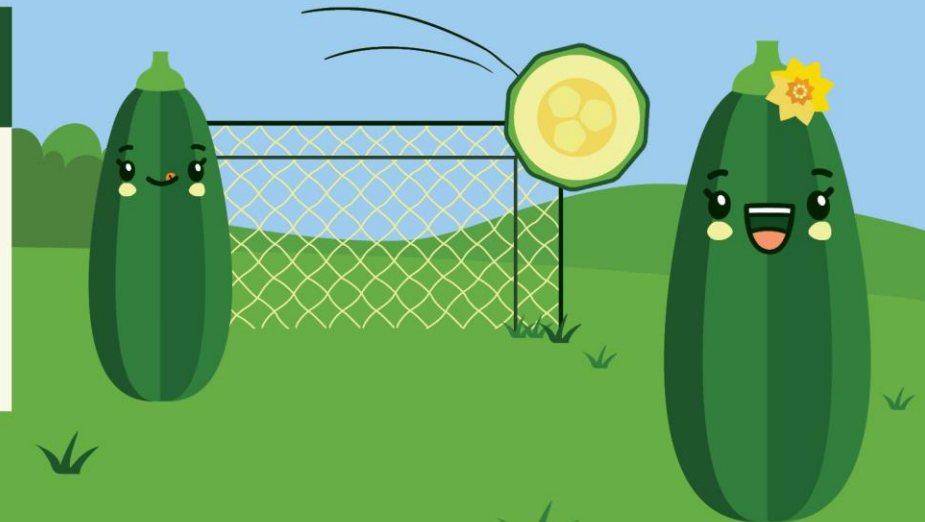
Lunch Prices

Adult: \$3.85

Milk \$0.50

Paid: \$2.85

Reduced: \$0.40



Sun Butter & Jelly Sandwich offered at lunch daily    Vegetarian entrees are written in green    The USDA is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Visit our menus online for nutritional information or download the app!</i></p> <p> <a href="http://Bentonville.nutrislice.com">Bentonville.nutrislice.com</a></p>	<p><b>#1 Chicken Quesadillas 1</b>                      #2 BBQ Pork Riblet                      #3 Chef Salad w/ Roll</p> <p>Fresh Apples                      Applesauce                      Refried Beans                      Steamed Corn</p>	<p><b>#1 Frito Chili Pie 2</b>                      #2 Chicken Nuggets w/ Roll                      #3 Bagel Bento Box (Bagel, Cream Cheese, &amp; Hardboiled Egg)</p> <p>Fresh Apples                      Fresh Strawberries                      Spinach Salad                      Red Bell Peppers</p>	<p><b>#1 Cheese &amp; Chicken Crispito 3</b>                      #2 Hamburger/Cheeseburger                      #3 Chicken Caesar Salad</p> <p>Fresh Pears                      Apple Slices                      Southwest Bean Salad                      Fresh Baby Carrots</p>	<p><b>#1 Cheese Pizza 4</b>                      #2 Fish Sandwich                      #3 Ham, Goldfish, &amp; Graham Cracker Pack</p> <p>Fresh Banana                      Orange Juice                      Fresh Cauliflower                      Side Salad</p>
<p><b>7</b></p> <p>Labor Day No School</p>	<p><b>#1 Tater Tot Nachos 8</b>                      #2 BBQ Pork Riblet                      #3 Chef Salad w/ Roll</p> <p>Fresh Apples                      Applesauce                      Kickin Pinto Beans                      Fresh Baby Carrots</p>	<p><b>#1 Spaghetti &amp; Meatballs 9</b>                      #2 Chicken Nuggets w/ Roll                      #3 Bagel Bento Box (Bagel, Cream Cheese, &amp; Hardboiled Egg)</p> <p>Fresh Apples                      Fresh Strawberries                      Spinach Salad                      Fresh Grape Tomatoes</p>	<p><b>#1 Corndog 10</b>                      #2 Hamburger/Cheeseburger                      #3 Chicken Caesar Salad</p> <p>Fresh Pears                      Apple Slices                      Tater Tots                      Fresh Broccoli</p>	<p><b>#1 Pepperoni Pizza 11</b>                      #2 Fish Sandwich                      #3 Ham, Goldfish, &amp; Graham Cracker Pack</p> <p>Fresh Banana                      Grape Juice                      Fresh Cucumber Slices                      Side Salad</p>
<p><b>#1 Ultimate Grilled Cheese &amp; Tomato Soup 14</b>                      #2 Chicken Sandwich                      #3 Make Your Own Pepperoni Pizza</p> <p>Fresh Orange                      Apple juice                      Fresh Cauliflower                      Side Salad</p>	<p><b>#1 Walking Tacos 15</b>                      #2 BBQ Pork Rib                      #3 Chef Salad w/ Roll</p> <p>Fresh Apples                      Applesauce                      Refried Beans                      Fresh Celery</p>	<p><b>#1 Homemade Mac &amp; Cheese 16</b>                      #2 Chicken Nuggets w/ Roll                      #3 Bagel Bento Box (Bagel, Cream Cheese, &amp; Hardboiled Egg)</p> <p>Fresh Strawberries                      Fresh Apples                      Spinach Salad                      Fresh Baby Carrots</p>	<p><b>#1 Popcorn Chicken w/ Biscuit 17</b>                      #2 Hamburger/Cheeseburger                      #3 Chicken Caesar Salad</p> <p>Fresh Pears                      Apple Slices                      Mashed Potatoes w/ Gravy                      Fresh Celery Sticks</p>	<p><b>#1 Cheese Pizza 18</b>                      #2 Fish Sandwich                      #2 Ham, Goldfish, &amp; Graham Cracker Pack</p> <p>Fresh Bananas                      Orange Juice                      Fresh Cucumber &amp; Tomato Salad                      Side Salad</p>
<p><b>#1 Bosco Cheese Sticks w/ Marinara 21</b>                      #2 Chicken Sandwich                      #3 Make Your Own Pizza</p> <p>Fresh Orange                      Apple Juice                      Fresh Broccoli                      Side Salad</p>	<p><b>#1 Beef Soft Tacos 22</b>                      #2 BBQ Pork Riblet                      #3 Chef Salad w/ Roll</p> <p>Fresh Apples                      Applesauce                      Kickin Pinto Beans                      Red Bell Peppers</p>	<p><b>#1 Sloppy Joe 23</b>                      #2 Chicken Nuggets w/ Roll                      #3 Bagel Bento Box (Bagel, Cream Cheese, &amp; Hardboiled Egg)</p> <p>Fresh Strawberries                      Fresh Apples                      Spinach Salad                      Homemade Coleslaw</p>	<p><b>#1 Sweet &amp; Sour Chicken w/ Rice 24</b>                      #2 Hamburger/Cheeseburger                      #3 Chicken Caesar Salad</p> <p>Fresh Pears                      Apple Slices                      Orange Glazed Carrots                      Fresh Cauliflower</p>	<p><b>#1 Pepperoni Pizza 25</b>                      #2 Fish Sandwich                      #3 Ham, Goldfish, &amp; Graham Cracker Pack</p> <p>Fresh Bananas                      Grape Juice                      Fresh Cucumbers                      Side Salad</p>
<p><b>#1 Pancakes &amp; Sausage Patty 28</b>                      #2 Chicken Sandwich                      #3 Make Your Own Pizza</p> <p>Fresh Orange                      Apple Juice                      Fresh Celery Sticks                      Side Salad</p>	<p><b>#1 Walking Tacos 29</b>                      #2 BBQ Pork Riblet                      #3 Chef Salad w/ Roll</p> <p>Fresh Apples                      Applesauce                      Kickin Pinto Beans                      Green Bell Peppers</p>	<p><b>#1 Hot Dog 30</b>                      #2 Chicken Nuggets w/ Roll                      #3 Bagel Bento Box (Bagel, Cream Cheese, &amp; Hardboiled Egg)</p> <p>Fresh Strawberries                      Fresh Apples                      Cheesy Broccoli                      Spinach Salad</p>	<p><b>#1 Breaded Chicken Drumstick &amp; Stuffing</b>                      #2 Hamburger/Cheeseburger                      #3 Chicken Caesar Salad</p> <p>Fresh Pears                      Apple Slices                      Mashed Potatoes &amp; Gravy                      Fresh Baby Carrots</p>	<p><b>#1 Cheese Pizza</b>                      #2 Fish Sandwich                      #3 Ham, Goldfish, &amp; Graham Cracker Pack</p> <p>Fresh Bananas                      Orange Juice                      Grape Tomatoes                      Side Salad</p>

# SQUASH HUNGER WITH THIS POWERHOUSE VEGGIE!

Zucchini, known as a courgette in Europe, is a summer squash belonging to the cucurbita pepo species. Zucchini grows best in the summer though they are available all year long. Zucchini are a healthy addition to any meal since they are fat and cholesterol free, low in sodium, and rich in vitamins and minerals. The World's Largest Zucchini was grown in Devon, UK and measured 69.5 inches long at a weight of 65 pounds. Ranging in color from a dark green to a golden yellow, zucchini's relatives include pumpkins and gourds—making it the perfect introduction to fall.



## ACE'S JOKE OF THE MONTH

Q. WHY IS IT A BAD IDEA TO TELL SECRETS IN A CORNFIELD?

SEE ANSWER BELOW



## DID YOU KNOW?

**ZUCCHINI CAN GROW TO THE SIZE OF A BASEBALL BAT!**

But when it comes to taste, bigger is not better! Typically zucchini are harvested at about 6-8 inches.

**ZUCCHINI FLOWERS ARE EDIBLE!**

Each zucchini plant has a flower sprout on top which is totally safe to eat—if you dare!


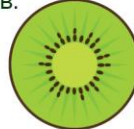














## ACTIVITY: SLICE AS NICE.

Be sure to eat your greens! These fruits and veggies are all delicious additions to your diet.

MATCH THE FRUITS AND VEGGIES TO THEIR SLICES.

SEE ANSWER BELOW

A. 	B. 	C. 	D. 	E. 	F. 	G. 
						
1. JALAPEÑO	2. PAPAYA	3. LIME	4. CUCUMBER	5. STARFRUIT	6. ZUCCHINI	7. KIWI

## BONUS



IN A PICKLE... Which of these is typically used to make pickles?

SEE ANSWER BELOW