

# SEPTEMBER 2020



**Breakfast is an important meal!**  
Eating a nutritious breakfast can help properly fuel your body and brain for the day



ACE'S CORNER

Pick up a **fruit** to keep you fueled longer!

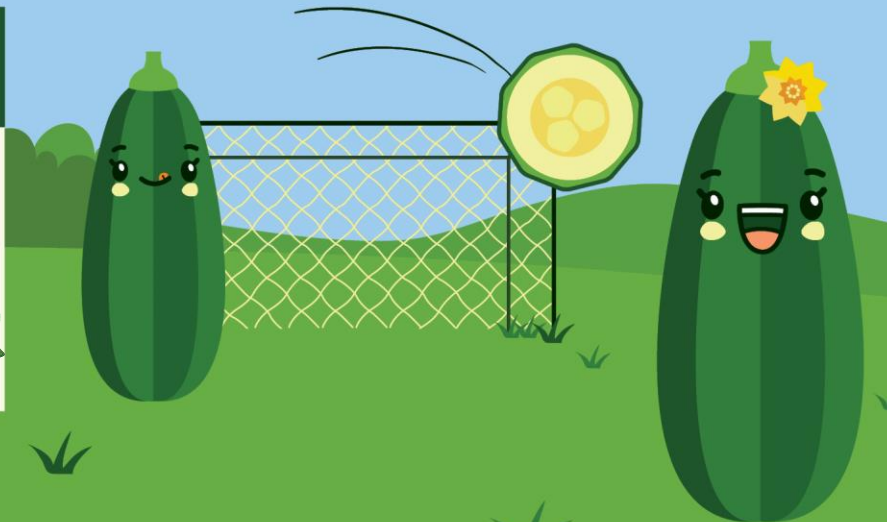
**Breakfast Prices**

**Paid: \$2.05**

**Adult: \$2.40**

**Reduced: \$0.30**

**Milk: \$0.50**



Nutritional Information can be found on [Bentonville.nutrislice.com](http://Bentonville.nutrislice.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast Cereal Choices</b></p> <p>Tuesday: Cinnamon Toast or Mini Wheats</p> <p>Thursday: Lucky Charms or Cinnamon Chex</p>	<p>#1 Breakfast Pizza <b>1</b></p> <p>#2 Mandarin Parfaits</p> <p>#3 Cereal &amp; Cheese Stick</p> <hr/> <p>Fresh Pears</p> <p>Apple Juice</p>	<p>#1 Scrambled Eggs, Chicken Nuggets &amp; Hashbrown Bowl <b>2</b></p> <p>#2 Muffin, Sunbutter &amp; Apple Slices</p> <hr/> <p>Fresh Oranges</p> <p>Apple Slices</p>	<p>#1 Scrambled Eggs W/ Biscuit &amp; Gravy <b>3</b></p> <p>#2 Blueberry Parfait</p> <p>#3 Cereal &amp; Cheese cubes</p> <hr/> <p>Fresh Apples</p> <p>Fruit Juice</p>	<p>#1 Breakfast Sundae (Yogurt, Granola, &amp; Fruit) <b>4</b></p> <p>#2 Scooby Snacks &amp; Yogurt</p> <hr/> <p>Fresh Strawberries</p> <p>Fresh Bananas</p>
<p>#1 Pancakes W/ Turkey Sausage <b>7</b></p> <p>#2 Scooby Snacks &amp; Yogurt</p> <hr/> <p>Fresh Apples</p> <p>Applesauce</p>	<p>#1 Breakfast Pizza <b>8</b></p> <p>#2 Blueberry Parfaits</p> <p>#3 Cereal &amp; String Cheese</p> <hr/> <p>Fresh Pears</p> <p>Apple Juice</p>	<p>#1 Waffles with Toppings <b>9</b></p> <p>#2 Muffin, Sunbutter &amp; Apple Slices</p> <hr/> <p>Fresh Oranges</p> <p>Apple Slices</p>	<p>#1 Bacon Breakfast Tacos <b>10</b></p> <p>#2 Strawberry Parfait</p> <p>#3 Cereal &amp; Cheese Cubes</p> <hr/> <p>Fresh Apples</p> <p>Fruit Juice</p>	<p>#1 Chocolate Glazed Donut <b>11</b></p> <p>#2 Scooby Snacks &amp; Yogurt</p> <hr/> <p>Fresh Strawberries</p> <p>Fresh Bananas</p>
<p>#1 French Toast Sticks <b>14</b></p> <p>#2 Scooby Snacks &amp; Yogurt</p> <hr/> <p>Fresh Apples</p> <p>Applesauce</p>	<p>#1 Scrambled Eggs, Bacon, Tater Tots, &amp; Toast <b>15</b></p> <p>#2 Strawberry Parfait</p> <p>#3 Cereal &amp; String Cheese</p> <hr/> <p>Fresh Pears</p> <p>Apple Juice</p>	<p>#1 Pancake Wrap <b>16</b></p> <p>#2 Muffin, Sunbutter &amp; Apple Slices</p> <hr/> <p>Fresh Oranges</p> <p>Apple Slices</p>	<p>#1 Biscuit, Sausage &amp; Gravy <b>17</b></p> <p>#2 Blueberry Parfait</p> <p>#3 Cereal &amp; Cheese Cubes</p> <hr/> <p>Fresh Apples</p> <p>Fruit Juice</p>	<p>#1 Breakfast Sundae (Yogurt, Granola, &amp; Fruit) <b>18</b></p> <p>#2 Scooby Snacks &amp; Yogurt</p> <hr/> <p>Fresh Strawberries</p> <p>Fresh Bananas</p>
<p>#1 Glazed Vanilla Donut <b>21</b></p> <p>#2 Scooby Snacks &amp; Yogurt</p> <hr/> <p>Fresh Apples</p> <p>Applesauce</p>	<p>#1 Sausage &amp; Egg Biscuit Sandwich <b>22</b></p> <p>#2 Blueberry Parfaits</p> <p>#3 Cereal &amp; String Cheese</p> <hr/> <p>Fresh Pears</p> <p>Apple Juice</p>	<p>#1 Breakfast Pizza <b>23</b></p> <p>#2 Muffin, Sunbutter &amp; Apple Slices</p> <hr/> <p>Fresh Oranges</p> <p>Apple Slices</p>	<p>#1 Breakfast Quesadilla <b>24</b></p> <p>#2 Strawberry Parfait</p> <p>#3 Cereal &amp; Cheese Cubes</p> <hr/> <p>Fresh Apples</p> <p>Fruit Juice</p>	<p>#1 Cheese Fritta <b>25</b></p> <p>#2 Scooby Snacks &amp; Yogurt</p> <hr/> <p>Fresh Strawberries</p> <p>Fresh Bananas</p>
<p>#1 Pancake Wraps <b>28</b></p> <p>#2 Scooby Snacks &amp; Yogurt</p> <hr/> <p>Fresh Apples</p> <p>Applesauce</p>	<p>#1 Scrambled Eggs, Sausage &amp; Biscuit <b>29</b></p> <p>#2 Strawberry Parfait</p> <p>#3 Cereal &amp; Cheese Stick</p> <hr/> <p>Fresh Pears</p> <p>Apple Juice</p>	<p>#1 Waffles &amp; Toppings <b>30</b></p> <p>#2 Muffin, Sunbutter &amp; Apple Slices</p> <hr/> <p>Fresh Oranges</p> <p>Apple Slices</p>	<p>#1 Breakfast Tacos (eggs, bacon &amp; cheese) <b>30</b></p> <p>#2 Blueberry Parfait</p> <p>#3 Cereal &amp; Cheese Cubes</p> <hr/> <p>Fresh Apples</p> <p>Fruit Juice</p>	<p>#1 Cinnamon Roll <b>30</b></p> <p>#2 Scooby Snacks &amp; Yogurt</p> <hr/> <p>Fresh Strawberries</p> <p>Fresh Bananas</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!


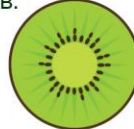














## ACTIVITY: SLICE AS NICE.

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