

SEPTEMBER

Fun Grain Facts

- 🌾 Whole grains give you lasting energy to help you learn, play, and stay active!
- 🍿 Popcorn is a whole grain—when it's lightly seasoned, it's a tasty and healthy snack.
- 🌾 There are thousands of varieties of rice grown around the world!

ANNOUNCEMENTS

DON'T MISS FREE SUPPER!

STAYING AFTER SCHOOL? WE'VE GOT DINNER COVERED!

JOIN US FOR A FREE, TASTY SUPPER AFTER YOUR AFTERSCHOOL PROGRAM.

REFUEL WITH A HEALTHY MEAL BEFORE HEADING HOME!

LOCATED IN THE SCHOOL CAFETERIA

STARTING AT 5:00PM

MONDAY THROUGH THURSDAYS.

FREE FOR ALL ELIGIBLE STUDENTS PARTICIPATING IN THE AFTERSCHOOL PROGRAM

EAT. RECHARGE. FINISH STRONG!

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Mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;

Fax: (202) 690-7442; or

Email: program.intake@usda.gov (link sends e-mail).

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M.	Tu	We	Th	Fr
SUPPER		2	3	4
7	8 WHOLE GRAIN RICH SOUTHWESTERN CHICKEN TORNADOS SEASONED CORN WATERMELON	9 WHOLE GRAIN RICH CHICKEN TENDERS GREEN BEANS DISHED FRUIT	10 WHOLE GRAIN RICH PASTA WITH MEATBALLS CAESAR SALAD APPLES	11
14 CHEESEBURGERS ON A WHOLE GRAIN RICH BUN FRENCH FRIES STRAWBERRIES	15 NACHO CRUNCH BASKETS SEASONED CORN WATERMELON	16 CHICKEN PATTY ON A WHOLE GRAIN RICH BUN GREEN BEANS DISHED FRUIT	17 WHOLE GRAIN RICH BAKED ZITI CAESAR SALAD APPLES	18
21 BACON CHEDDAR BURGERS ON A WHOLE GRAIN RICH BUN POTATO GOALZ STRAWBERRIES	22 WHOLE GRAIN RICH MEXICAN STYLE PIZZA SEASONED CORN WATERMELON	23 WHOLE GRAIN RICH BONELESS WINGS GREEN BEANS DISHED FRUIT	24 WHOLE GRAIN RICH BUFFALO CHICKEN LASAGNA CAESAR SALAD APPLES	25
28 PIZZA BURGERS ON A WHOLE GRAIN RICH BUN FRENCH FRIES STRAWBERRIES	29 WHOLE GRAIN RICH BURRITO BOWLS SEASONED RICE WATERMELON	30 WHOLE GRAIN RICH CHICKEN PARMESAN GREEN BEANS DISHED FRUIT		