

OCTOBER

“PROTEIN POWER!” 💪

Did you know? Your body uses protein to BUILD and REPAIR!

Try protein foods like eggs, beans, chicken, fish, milk, yogurt, nuts & seeds! 🥚 🥛 🥜

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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Fax: (202) 690-7442; or
Email: program.intake@usda.gov (link sends e-mail).
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M.	Tu	We	Th	Fr
SUPPER	29	30	1 WHOLE GRAIN RICH SOUTHWESTERN CHICKEN TORNADOS SEASONED CORN WATERMELON	2
5 WHOLE GRAIN RICH CHICKEN TENDERS GREEN BEANS DISHED FRUIT	6 WHOLE GRAIN RICH PASTA WITH MEATBALLS CAESAR SALAD APPLES	7 CHEESEBURGERS ON A WHOLE GRAIN RICH BUN FRENCH FRIES STRAWBERRIES	8 NACHO CRUNCH BASKETS SEASONED CORN WATERMELON	9
12	13 CHICKEN PATTY ON A WHOLE GRAIN RICH BUN GREEN BEANS DISHED FRUIT	14 WHOLE GRAIN RICH BAKED ZITI CAESAR SALAD APPLES	15 BACON CHEDDAR BURGERS ON A WHOLE GRAIN RICH BUN POTATO GOALZ STRAWBERRIES	16
19 WHOLE GRAIN RICH MEXICAN STYLE PIZZA SEASONED CORN WATERMELON	20 WHOLE GRAIN RICH BONELESS WINGS GREEN BEANS DISHED FRUIT	21 WHOLE GRAIN RICH BUFFALO CHICKEN LASAGNA CAESAR SALAD APPLES	22 PIZZA BURGERS ON A WHOLE GRAIN RICH BUN FRENCH FRIES STRAWBERRIES	23
26 WHOLE GRAIN RICH Beef Tornadoes SEASONED RICE WATERMELON	27 WHOLE GRAIN RICH CHICKEN PARMESAN GREEN BEANS DISHED FRUIT	28 WHOLE GRAIN RICH TOASTED CHEESE CHILI APPLES	WHOLE GRAIN RICH CHICKEN NUGGETS GREEN BEANS ORANGES	