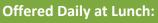


SEPTEMBER 2023



Breakfast and lunch are FREE for all students!

Please complete a Meal Application Form on the MiStar Parent Portal.



B. Cool Kids: Yogurt, String Cheese, Muffin

C. Chef's Salad w/ Turkey Hot veg		etable written in green	Visit the Fruit & Vegetable Bar available daily!	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1
Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school	No School Labor Day Weekend
Cheese Bosco Sticks w/ Marinara Sauce Mixed Vegetable	Chicken Patty Sandwich Carrot Coins	Tater Tot Beef Nachos Black Beans	Eggoji Waffles w/ Turkey Sausage Potatoes	Laboi Day Weekeilu
4	5	6	7	8
No School Labor Day	Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school
	C.Corn Dog Baked Beans	Taco	Chicken Tenders with Roll Carrot Coins	Deep Dish Cheese Pizza Carrot Coins
		Corn		
11	12	13	14	15
Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school
T.Hot Dog on a Bun	Pizza Chicken Meatball Sub	Asian Steamed Chicken&	French Toast Sticks w/	Deep Dish Cheese Pizza
Baked Beans	Green Beans	Vegetable Dumplings Carrot Coins	Turkey Sausage Potatoes	Mixed Vegetables
18	19	20	21	22
Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school
Macaroni & Cheese w/ Roll Green Beans	Beef Nachos Black Beans	Popcorn Chicken & Orange Sauce over Brown Rice Broccoli Cuts	Cheeseburger on a Bun Corn	Deep Dish Cheese Pizza Carrot Coins
25	26	27	28	29
No School	Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school	Cold Breakfast available before school
	Cheeseburger on a Bun	Mini C.Sausage Pancake Bites	Chicken Tenders with Brown Rice and Thai Sate Sauce	Deep Dish Cheese Pizza
	Carrot Coins	Potatoes	Broccoli Cuts	Green Beans

GREEN MACHINE

Great for the body and mind, most green fruits and veggies including avocados, spinach, celery, and green pepperscontain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER: KIWI

Look out for sweet and tangy kiwi this month. In season late September to early November,

kiwi is packed with vitamins, antioxidants. and fiber.





BROCCOLI: Loaded with vitamins, protein, & iron Peak Season: Oct. - Apr.

CUCUMBERS: Low calorie. hydrating, & packed with phytonutrients Peak Season: May - Aug.



GRANNY SMITH APPLE:

Bursting with vitamins A, B, C, E, & K, plus fiber Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: EAT YOUR GREENS

Starting with your favorite leafy greens, draw your very own salad recipe! Remember, adding a variety of colorful produce is beneficial to your health. Bonus points for bringing your ideal salad to life at home*.



SPINACH





ROMAINE









MONTH:

GREAT GREENS SPINACH AND GREEN APPLE SALAD*

Serves 4

INGREDIENTS:

2 tbsp. olive oil 1 tbsp. apple cider vinegar 1 tsp. Dijon mustard 1 pinch of salt and pepper 5 cups of baby spinach 1 Granny Smith apple 1/3 cup of chopped walnuts

PREPARATION:

- 1. Ask an adult to toast the walnut pieces in a dry skillet over a mediumhigh heat until fragrant, about 2 minutes.
- 2. In a small bowl, whisk together the oil, vinegar, and mustard. Season with salt and pepper to taste.
- 3. Toss the spinach with the dressing until evenly coated.
- 4. Ask an adult to core and cut the Granny Smith apple into small cubes.
- 5. Top the salad with the apple pieces and chopped walnuts.
- 6. Enjoy!

*DO NOT attempt to chop ingredients or cook without adult supervision.