



September 2026 - Breakfast

All reimbursable breakfasts **MUST** include a fruit, vegetable **or** 100% vegetable juice and **may** include a 1% or skim milk



ACE'S CORNER

1%, skim milk and additional fruit offered every day.

Gluten Free Option Available Everyday



Drinking cups and water available in every cafeteria.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
			WG Apple Frudel Vegetable Blend Juice Skim Milk/ 1% Milk	WG Cinnamon Toast Crunch Cereal Bar Banana Skim Milk/ 1% Milk
31	1	2	3	4
WG Cinnamon Raisin Cream Cheese Stuffed Bagel Apple Slices Skim Milk/ 1% Milk	WG Donut Holes Vegetable Blend Juice Skim Milk/ 1% Milk	WG Blueberry Muffin WG Goldfish Orange Smiles Skim Milk/ 1% Milk	WG Apple Frudel Vegetable Blend Juice Skim Milk/ 1% Milk	WG Strawberry Nutrigrain Bar WG Goldfish Banana Skim Milk/ 1% Milk
7	8	9	10	11
WG Strawberry Cream Cheese Stuffed Bagel Gala Apple Skim Milk/ 1% Milk	WG Donut Vegetable Blend Juice Skim Milk/ 1% Milk	WG Banana Muffin WG Goldfish Orange Smiles Skim Milk/ 1% Milk	WG Cherry Frudel Vegetable Blend Juice Skim Milk/ 1% Milk	WG Strawberry Cheerios Cereal Bar Banana Skim Milk/ 1% Milk
14	15	16	17	18
WG Cinnamon Cream Cheese Stuffed Bagel Apple Skim Milk/ 1% Milk	WG Donut Holes Vegetable Blend Juice Skim Milk/ 1% Milk	WG Chocolate Muffin WG Goldfish Orange Smiles Skim Milk/ 1% Milk	WG Mini Cinnamon Roll Vegetable Blend Juice Skim Milk/ 1% Milk	WG Strawberry Nutrigrain Bar WG Goldfish Banana Skim Milk/ 1% Milk
21	22	23	24	25
WG Cream Cheese Stuffed Bagel Apple Skim Milk/ 1% Milk	WG Cinnamon Donut Vegetable Blend Juice Skim Milk/ 1% Milk	WG Banana Muffin WG Goldfish Orange Smiles Skim Milk/ 1% Milk	WG Apple Frudel Vegetable Blend Juice Skim Milk/ 1% Milk	Chocolate Banana Benefit Bar Banana Skim Milk/ 1% Milk



EATING THE RAINBOW

A colorful variety on your plate is more than just a feast for the eyes; it's a good choice nutritionally. You might remember learning about Roy G. Biv—red, orange, yellow, green, blue, indigo, and violet—an acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Each color signals a range of health benefits that we will explore together.

DIG IN WITH MONTHLY DISCOVERIES

Be sure to check out each month's Discover spotlight to try a vibrant fruit or veggie that showcases the delicious potential of nature's bounty.



CHALLENGE OF THE MONTH: GARDEN YOGA

Yoga is a great way to stretch and be mindful of your body and the world around you. Be sure to take deep breaths in each pose.



BE A FROG

Lower down into a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



BE A TREE

Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Repeat with other leg.



BE A BUTTERFLY

Sit with your spine straight. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

ACE'S RECIPE OF THE MONTH:



RAINBOW FLATBREAD PIZZA*

INGREDIENTS:

- 1 package (2 pieces) of Stonefire naan
- 1/2 cup of pizza sauce
- 1/2 cup of shredded Mozzarella cheese
- 4 cups of chopped colorful veggies (such as broccoli, green peppers, yellow peppers, grape tomatoes, and thinly sliced purple potatoes)
- 2 tsp. of olive oil
- 1 tsp. of Italian seasonings

PREPARATION:

1. Preheat the oven to 425°F and put both naan pieces side by side on the baking sheet. Use a spoon to evenly spread the pizza sauce between the two.
2. Sprinkle the cheese on top of the sauce and layer the veggies in a rainbow pattern on top of the cheese.
3. Drizzle a bit of olive oil on each and then sprinkle on Italian seasoning.
4. Bake for about 20 minutes, or until veggies are cooked and the crust is slightly golden. Wait a few minutes for it to cool and enjoy!