

QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER

Your school logo here

SEPTEMBER 2019

So Long, Summer!

Even though the Autumnal Equinox won't happen until September 23rd, for most of us, Labor Day symbolizes the end of the summer season. Whether you're ready to put out the pumpkins, or longing for more fun in the sun, Labor Day is one of the last opportunities to gather around the grill and celebrate with family and friends.



Fall Has It All.

September starts with Back-to-School, and by the end of the month, it's fall... From football games to pumpkin patches, September offers plenty when it comes to quality time with family and friends! Plus, a new season means new produce. Here are some of the freshest fruits and vegetables you can find this time of year:

Fruits

Apples
Pears
Melons
Berries



Vegetables

Squashes
Cabbage
Cauliflower
Lettuce

Healthy Grill'n Goals!

Here's a list of ways to keep it fresh as you celebrate:

- Skip the chips and serve skewers instead! Skewers feature fresh fruits and vegetables and they're fun to prep as a family.
- September is National Chicken Month. While beef burgers are high in fat, poultry-based burgers are naturally lean.
- Finish with fruit! Try grilling melons, pineapple, or peaches; then top them with light whipped cream for a more nutrient-dense dessert.

National Cheese Pizza Day

This month, we celebrate everyone's favorite with National Cheese Pizza Day on September 5th.

Our nutrition team knows that pizza is a popular choice, and we think ours is pretty special! We strive to serve 51% whole grain rich crust topped with veggie-rich pizza sauce, mozzarella cheese and even lean meats.



We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com



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