

Monday	Tuesday	Wednesday	Thursday	Friday
24 Honey Bunches of Oats w/1% Milk Clementine Turkey/Cheese Wrap on W.G. tortilla Carrot Chips w/Ranch Apple Wedges & 1% Milk Graham Crackers Banana	25 English Muffin w/ Jelly Applesauce & 1% Milk Goulash W.G. Breadstick Roasted Cauliflower Grapes 1% Milk Cheese and Crackers	26 Scrambled Eggs Orange Wedges Ham Mashed Sweet Potatoes Pineapple W.G. Dinner Roll w/butter 1% Milk Strawberries Zucchini Bread	27 French Toast sticks Diced Peaches 1% Milk Chicken Lo Mein W.W. Bread w/butter Cucumbers w/Ranch Fruit Variety 1% Milk Cinnamon/Sugar Roll Up Pear Wedges	28 No School August/September Menu
31 Corn Flakes Banana & 1% Milk Chicken Alfredo W.W. Bread w/butter Steamed Broccoli Applesauce & 1% Milk Goldfish Crackers Mandarin Oranges	1 Cinnamon Swirl Toast w/1% Milk Banana Swedish Meatballs W.G. Dinner Roll w/butter Mashed Potatoes Diced Pears & 1% Milk Veggie Sticks w/Ranch Grapes	2 Breakfast Pizza Apple Wedges & 1% Milk W.W. Quesadillas Sour Cream/Salsa Cooked Beans Pineapple & 1% Milk Boiled Egg & Strawberries	3 Pancakes Berries & 1% Milk Tator Tot Casserole W.G. Dinner Roll w/butter Grape Tomatoes Fruit Variety & 1% Milk Cheese Stick Orange Slices	4 NO School
7 No School Labor Day School Closed	8 Biscuits Strawberries & 1% Milk Three Cheese Pizza Pepita Seeds Sugar Snap Peas w/Ranch Applesauce & 1% Milk Bagel w/dip Pear Wedges	9 Breakfast burritos Pineapple & 1% Milk W.G. Pulled Pork Sandwich Ketchup/BBQ Sauce Corn on the Cob Mandarin Oranges 1% Milk Rice Cake & Yogurt	10 Waffles Clementine & 1% Milk Hot Dog on a W.G. Bun Ketchup/Mustard Sweet Potato Fries Apple Wedges 1% Milk Orange/Strawberry Julius Graham Crackers	11 Biscuits Fruit Cocktail & 1% Milk Meatloaf Mashed Potatoes w/gravy Fruit Variety W.G. Dinner Roll 1% Milk 1% Cottage Cheese Diced Peaches
14 Chex cereal w/1% Milk Clementine W.W. Ham/Cheese Sandwich Rainbow Carrots w/Ranch Applesauce 1% Milk W.G. Breadstick Diced Pears	15 Bagels Mixed Berries 1% Milk Meatball sandwich W.G. bun Celery sticks Kiwi 1% Milk Banana Sushi	16 Egg Bake w/1% Milk Diced Peaches Chicken Strips Ketchup/BBQ Sauce Brown Rice/Quinoa Corn Grapes & 1% Milk Popcorn Strawberries	17 Blueberry Muffin Orange Wedges 1% Milk Spaghetti Squash Lasagna W.G. Breadstick Pear Wedges & 1% Milk Fruit Smoothie Crackers	18 No School
21 Cheerios w/ 1% Milk Banana Tuna Noodle Casserole W.G. Breadstick Peas Diced Peaches 1% Milk Cheese and Crackers	22 W.W. Toast Mandarin Oranges 1% Milk Chicken enchiladas on W.G. tortilla Corn Honeydew & 1% Milk Snack Mix & Pear Wedges	23 Quesadillas Diced Pears & 1% Milk Turkey W.W. Bread w/butter Mashed Potatoes w/gravy Pineapple 1% Milk English Muffin w/jelly Watermelon	24 Fruit and Yogurt Parfait 1% Milk Orange Wedges W.G. Sloppy Joes Green Beans w/Ranch Applesauce 1% Milk Cheese Stick Goldfish Crackers	25 Kix Cereal Applesauce & 1% Milk Chicken Nuggets Ketchup/BBQ Sauce Brown Rice/Quinoa Carrots Fruit Variety & 1% Milk Sweet Potato Bites Apple Wedges

Harvest of the Month: Honeydew Melon

//Healthby GLS Team

Smooth and creamy on the outside, and crisp and sweet on the inside, honeydew melons are rich sources of natural sugar. Best of all? While they are wonderful when used in recipes, they can be eaten alone and fresh from the vine as a side dish, snack, or quick pick-me-up. Here are some honeydew facts to savor as you slice up your next melon:

- Honeydews are thought to have originated in West Africa, and they've been cultivated for about 4,000 years.
- Christopher Columbus brought honeydew melon seeds to the Americas.
- The top nations for honeydew melon production are China, Turkey, and the U.S.
- The top U.S. states for honeydew melon production are California, Arizona, Texas, Georgia, and Indiana.
- Honeydew melons are members of the gourd family, along with cucumbers.
- Honeydew melons are also known as "temptation melons."

How to Select a Honeydew Melon. When choosing a honeydew melon, look for a smooth, waxy-looking rind that has subtle ridges to the touch. If the exterior is shiny or green, keep looking as it's not quite ripe. A ready-to-eat honeydew also will have a nice aroma at the stem end, a buttery color and a heavy feel for its size. Be aware that a ripe melon will continue to ripen after harvesting, while an under-ripe one will not.

How to Store Honeydew Melon. Refrigerate your honeydew melon before slicing and place slices in a resealable bag or container to keep them moist.

Key Health Benefits

- **Deep Hydration:** Honeydew consists of roughly 90% water and delivers critical electrolytes like potassium and magnesium to maintain fluid balance.
- **Blood Pressure Regulation:** Its high potassium and low sodium content help ease blood vessel tension and flush out excess sodium.
- **Immune System Support:** The high concentration of vitamin C acts as a powerful antioxidant, protecting your cells from damage while boosting white blood cell production.
- **Bone Health Maintenance:** Nutrients like folate, vitamin K, and magnesium work together to support bone density and prevent bone breakdown.
- **Skin Rejuvenation:** Vitamin C is central to collagen synthesis, which improves skin elasticity, speeds up wound healing, and helps combat signs of aging.
- **Digestive and Eye Protection:** Sizable amounts of natural fiber prevent constipation, while carotenoids like lutein and zeaxanthin help filter blue light and guard your vision.