

Monday	Tuesday	Wednesday	Thursday	Friday
28 Kix Cereal Banana 1% Milk Fish Sticks w/Ketchup Brown Rice Pineapple Salad Greens w/Ranch 1% Milk Graham Crackers Diced Pears	29 English Muffin w/jelly 1% Milk Clementine Taco Casserole W.G. Dinner Roll w/butter Roasted Cauliflower Kiwi & 1% Milk Yogurt Goldfish Crackers	30 Scrambled Eggs Mandarin Oranges 1% Milk Chicken Noodle Soup Saltine Crackers W.W. Bread w/butter Cucumbers w/Ranch Pear Wedges & 1% Milk Chex Mix & Diced Peaches	1 French Toast Sticks Apple Wedges & 1% Milk Spaghetti w/meat sauce W.G. Breadstick Roasted Brussel Sprouts Fruit Variety 1% Milk Banana Veggie Sticks w/Ranch	2 No School October 2026
5 Frosted Mini Spooners Diced Pears & 1% Milk Cheeseburger on a Bun French Fries w/ketchup Mandarin Oranges 1% Milk W.W. Toast w/jelly Strawberries	6 Cinnamon Swirl Toast Berries 1% Milk White Chicken Chili Sugar snap peas W.G. dinner roll Grapes & 1% Milk Pretzel sticks Kiwi	7 Breakfast Pizza Grapefruit & 1% Milk Beef Stroganoff W.G. Breadstick Steamed Broccoli Diced Peaches 1% Milk Orange/Strawberry Julius Crackers	8 Pancakes w/Blueberry Syrup w/1% Milk Apple Wedges W.W. Sunbutter/Jelly Sandwich Boiled Egg Veggie Tray w/Ranch Fruit Variety & 1% Milk W.G. Sweet Potato Bites Clementine	9 No School
12 Native American Day OCDC Closed for Holiday	13 Biscuits Banana 1% Milk Lasagna Casserole W.G. Breadstick Corn Orange Slices 1% Milk Fruit and Yogurt Parfait	14 Breakfast burritos Salsa/Sour Cream/Guacamole Kiwi & 1% Milk Chicken Drumsticks W.W. Bread w/butter Peas Apple Wedges & 1% Milk Snack Mix Pineapple	15 Waffles w/ Syrup 1% Milk & Applesauce Chili w/crackers & cheese W.G. Corn Bread Baby Carrots w/Ranch Grapes 1% Milk Broccoli/Cauliflower w/Ranch Goldfish Crackers	16 Pumpkin Muffins Clementine & 1% Milk W.G. Chicken Sandwich Ketchup Roasted Beets Fruit Variety 1% Milk Crackers Diced Peaches
19 Crispix & Orange Wedges 1% Milk Chicken Nuggets Ketchup/BBQ Sauce Brown Rice/Quinoa Bell Peppers w/Ranch Diced Pears & 1% Milk Pretzels Clementine	20 Bagels w/dip Berries & 1% Milk W.W. Ground Beef Tacos Shredded Cheese Diced tomatoes/Greens Salsa/Sour Cream Apple Wedges 1% Milk Banana Bread & Kiwi	21 Egg bake Strawberries & 1% Milk W.W. Turkey/Cheese Sandwich Cucumbers w/Ranch Diced Peaches 1% Milk English Muffin w/jelly Pear Wedges	22 Blueberry Muffins Orange slices & 1% Milk Scrambled Eggs W.W. Toast Roasted Potatoes Grapes 1% Milk Banana & Goldfish	23 No School
26 Rice Krispies w/1% Milk & Clementine Turkey/Cheese Wrap on W.G. tortilla Carrot Chips w/Ranch Apple Wedges 1% Milk Graham Crackers Banana	27 W.W. Toast w/Jelly Berries & 1% Milk Hamburger Soup Crackers Grapes W.G. Breadstick Salad 1% Milk Pickle & Goldfish Crackers	28 W.G. Cheese Quesadillas 1% Milk & Diced Pears Ham Mashed Sweet Potatoes Pineapple W.G. Dinner Roll w/butter 1% Milk Strawberries Zucchini Bread	29 Fruit and Yogurt Parfait Diced Peaches & 1% Milk Chicken Lo Mein W.W. Bread w/butter Cucumbers w/Ranch Mandarin Oranges 1% Milk Cinnamon/Sugar Roll Up Pear Wedges	30 Apple Cinnamon Oatmeal 1% Milk & Orange Slices Taco Casserole W.G. Dinner Roll w/butter Roasted Cauliflower Fruit Variety & 1% Milk Cheese and Crackers

Veggie of the Month: Zucchini

As we enjoy the height of summer, our Harvest of the Month for August is the versatile and nutritious zucchini! This green squash, also known as courgette, is a staple in many gardens and kitchens during the warm months. Whether you're a seasoned chef or a home cook, zucchini offers endless possibilities to enhance your meals.

The Nutritional Value of Zucchini

- Zucchini is low in calories but high in essential vitamins and minerals, including vitamin C, vitamin A, potassium and folate.
- Zucchini contains several antioxidants, including beta-carotene and lutein, which help protect your body from free radical damage.
- The fiber in zucchini supports healthy digestion and can help maintain stable blood sugar levels.
- With a high-water content, zucchini helps keep you hydrated and can contribute to your daily fluid intake.

Did You Know?

- Zucchini is believed to have originated in Central America and was later cultivated extensively in Italy, where it got its name.
- While typically treated as a vegetable, zucchini is technically [a](#) fruit. It can be eaten raw or cooked, and its mild flavor makes it incredibly versatile.
- The blossoms of the zucchini plant are also edible and are considered a delicacy in many cuisines.

Selecting the Best Zucchini

When selecting zucchini at the grocery store or farmer's market, keep these tips in mind to ensure you're getting the best quality:

- Look for zucchini that is firm to the touch and has smooth, shiny skin
- Smaller zucchini are often more tender and flavorful than larger ones, which can be more fibrous
- Check for any soft spots or blemishes, which may indicate spoilage

Storing Zucchini for Optimal Freshness

In the Fridge

Place zucchini in a plastic bag or perforated vegetable bag in the crisper drawer. It should stay fresh for about a week.

Preparation

Rinse zucchini under cool water before use. You can slice, dice, grate or spiralize it, depending on your recipe.

More Ways to Enjoy Zucchini

Here are a few ideas to incorporate zucchini into your meals:

Zucchini Noodles (Zoodles)

Use a spiralizer to create zucchini noodles. Sauté them lightly with olive oil, garlic and cherry tomatoes for a healthy, low-carb pasta alternative.

Grilled Zucchini

Slice zucchini into long strips, brush with olive oil, sprinkle with salt and pepper and grill until tender and slightly charred.

Zucchini Bread

Bake a moist and delicious zucchini bread with grated zucchini, flour, sugar, eggs and your favorite spices.

Stuffed Zucchini

Hollow out zucchini halves and fill them with a mixture of cooked quinoa, vegetables and cheese. Bake until the zucchini is tender and the filling is golden.

Recipe: Zucchini Fritters

Ingredients:

- 2 medium zucchinis, grated
- 1 teaspoon salt
- 1/4 [cup](#) all-purpose flour
- 1/4 cup grated Parmesan cheese
- 1 large egg, beaten
- 2 cloves garlic, minced
- 1/2 teaspoon black pepper
- 1/4 cup chopped fresh herbs (parsley, dill or chives)
- Olive oil for frying

Instructions:

1. Grate the zucchini and place in a colander. Sprinkle with salt and let it sit for about 10 minutes to draw out excess moisture. Then, squeeze the grated zucchini in a clean kitchen towel to remove the remaining liquid.
2. In a large bowl, combine the grated zucchini, flour, Parmesan cheese, beaten egg, garlic, black pepper and fresh herbs. Mix well until all ingredients are combined.
3. Heat a few tablespoons of olive oil in a large skillet over medium heat. Scoop spoonfuls of the zucchini mixture into the skillet, flattening them gently with a spatula.
4. Cook for 2-3 minutes on each side, or until the fritters are golden brown and crispy. Remove from the skillet and place on a paper towel-lined plate to drain excess oil.
5. Serve warm with a dollop of sour cream or Greek yogurt and a sprinkle of fresh herbs.

Enjoy the bounty of zucchini this August and explore all the delicious ways to include this summer squash in your meals! Happy cooking!