

AUGUST 2022



Mariemont Elementary School

*Menus are subject to change

*Wow Butter (Soy Based) & Jelly
Sandwiches, Yogurt Snack Boats, Milk
Varieties and a Colorful Assortment of
Fruits & Vegetables Available Daily

Suggestions, comments, or questions?
Contact Steve at Schlimm-STEVEN@aramark.com

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY				
1 Featured Lunch with Milk \$3.50 Individual Items Priced ala carte	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 Featured Offerings: 1.Boneless BBQ wings w/ Soft Baked Pretzel 2.Cheeseburger Steamed Broccoli Applesauce	23 Featured Offerings: 1.Loaded Tater Tot Popcorn Chicken Bowl w/ dinner roll 2.Chili cheese dog Kickin' Pinto Beans Diced Peaches	24 Featured Offerings: 1.Spaghetti & meatballs w/ roll 2.Chicken Patty on bun Roasted Carrots Mixed Fruit	25 Featured Offerings: 1.Chicken Nugget Donut Stick 2.Fish Sandwich French Fries Diced Pears	26 Featured Offerings: PIZZA DAY! Cheese or Pepperoni Side Salad Apple
29 Featured Offerings: 1.Salisbury Steak w/ gravy & roll 2.Chicken Tenders w/ roll Mashed Potatoes Applesauce	30 Featured Offerings: 1.Popcorn chicken bowl w/ Soft Baked pretzel 2.Cheeseburger Seasoned Corn Diced peaches	31 Featured Offerings: 1.Beef Tacos 2.Hot dog Charro Black Beans Mixed Fruit		

WATER YOU WAITING FOR?

Dig into these juicy, Watermelon facts

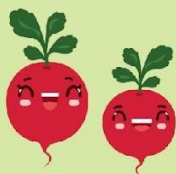
We are no stranger to watermelon (*Citrullus lanatus*) and on average eat around 16 pounds of it a year. Luckily, on top of being delicious and the perfect summer treat, **watermelon is full of nutritious vitamins and antioxidants**. While you can't actually grow a watermelon in your belly by eating the seeds, watermelon seeds are nutritious with high levels of magnesium, zinc, and protein. **Watermelon is also the perfect brain fuel** because it contains high levels of vitamin B6, which boosts neurotransmitter production and is necessary for brain development.

ACTIVITY

Drinking water is super important, especially in the summer months. On top of drinking water, pick out which fruits and veggies will help you get all the H₂O you need to stay hydrated:

TAKE A GUESS! CIRCLE **FOUR** FRUITS & VEGGIES THAT ARE 90% WATER:

SEE ANSWER BELOW



RADISH



WATERMELON



CUCUMBER



CORN



ZACK



ORANGE



BROCCOLI

MORE FRUITS AND VEGGIES ROCKING OVER 90% IN WATER CONTENT:

Lettuce, Celery, Tomatoes, Bell Peppers, Cauliflower, Spinach, Strawberries, Grapefruit, and Cantaloupe

ACE'S JOKE OF THE MONTH

Q. Why are bananas never lonely?

SEE ANSWER BELOW



DID YOU KNOW?

FRESH FRUIT IS APEELING

We think of watermelon as a fruit because of its sweet flavor and similarities to the melon family, but watermelon is technically also a vegetable. It belongs to the cucurbit family, and is related to pumpkins, cucumbers, and squash.

EWW!

The first cookbook published in the United States in 1796 contained a recipe for watermelon rind pickles.



FAMILY BARBECUE

JOKE ANSWER: ...because they hang out in bunches.
ACTIVITY ANSWER: Radish, Watermelon, Cucumber, Broccoli