



# September 2022 Lunch Specials



SUNDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p><b>Did you know?</b></p> <ul style="list-style-type: none"> <li>Everything is priced a la carte</li> <li>Entrées in GREEN are Vegan or Vegetarian</li> <li>Breakfast is 7:30-10am</li> <li>Lunch is 11:30-2pm</li> <li>Dinner is 5-7pm</li> </ul>	<p><b>A La Carte</b></p> <p>Entrée.....\$5.98  <b>Vegan Entrée \$4.25</b>          Starch.....\$1.50  <b>Vegetable...\$1.50</b></p> <p><b>Sandwich...\$5.45</b></p>	<p>1</p> <p>Gyro  <b>Hummus Platter</b>          Pita and Tzatziki          Fattoush Salad</p> <p>Quesadilla</p>	<p>2</p> <p>Sausage &amp; Kale          Alfredo  <b>Vegan Sausage &amp; Kale Pesto Pasta</b>          Sweet Potato          Superfood Salad</p> <p>Chicken Salad</p>	<p>3</p> <p>Enchilada Casserole          Spanish Rice          Chili Lime Corn</p>
<p>4</p> <p>Seasoned Pork Loin          Garlic Red Potatoes          Warm Cherry          Tomato Salad</p>	<p>5 <b>LABOR DAY</b></p> <p>BBQ Chicken  <b>Grilled BBQ Tofu</b>          Baked Beans          Creamy Coleslaw</p> <p>Chili Dog</p>	<p>6</p> <p>French Dip  <b>Stuffed Acorn Squash</b>          Potato Wedges          Coleslaw</p> <p>Italian Sub</p>	<p>7</p> <p>Baja Fish Tacos  <b>Baja Vegan Tacos</b>          Refried Beans          Spicy Cole Slaw</p> <p>Philly Cheesesteak</p>	<p>8</p> <p>Buffalo Chicken          Salad  <b>Vegan Buffalo Salad</b>          Pasta Salad          Roasted Squash</p> <p>Turkey Reuben</p>	<p>9</p> <p>Beef Tamales  <b>Vegan Zucchini Tamales</b>          Refried Beans          Guacamole &amp; Chips</p> <p>Ham &amp; Chz Panini</p>
<p>11</p> <p>Greek Turkey Burger          Orzo Salad          Greek Salad</p>	<p>12</p> <p>Veggie Lasagna  <b>Vegan Pesto Pasta</b>          Garlic Bread          Arugula Salad</p> <p>Portabella Panini</p>	<p>13</p> <p>Butter Chicken &amp; Rice  <b>Vegan Curry &amp; Rice</b>          Naan Flatbread          Carrot-Cumin Slaw</p> <p>Hot Roast Beef and Cheddar</p>	<p>14</p> <p>Cobb Salad  <b>Vegan Cobb</b>          Israeli Couscous          Watermelon Radish          Salad</p> <p>Meatball Sub</p>	<p>15</p> <p>Beef Barbacoa Tacos  <b>Sweet Potato Tacos</b>          Chips &amp; Salsa          Black Bean Corn          Salsa</p> <p>Turkey Avocado</p>	<p>16</p> <p>Turkey Pot Pie  <b>Vegan Pot Pie</b>          Cheddar Biscuit          Vegan Broccoli          Salad</p> <p>BLT</p>
<p>18</p> <p>Piña Pork Tacos          Chips &amp; Salsa          Black Bean Corn          Salad</p>	<p>19</p> <p>Shrimp Po Boy  <b>Vegan Po Boy</b>          Cajun Sweet          Potatoes          Collard Greens</p> <p>Greek Tuna Wrap</p>	<p>20</p> <p>Chicken Parmesan  <b>Eggplant Parmesan</b>          Garlic Bread          Green Beans</p> <p>Meatball Sub</p>	<p>21</p> <p>Carnitas Burrito Bowl  <b>Vegan Burrito Bowl</b>          Rice and Beans          Chips &amp; Guacamole</p> <p>Buffalo Chicken          Sandwich w/ Swiss</p>	<p>22</p> <p>Burger Bar  <b>Vegan Burger Bar</b>          Pasta Salad          Side Salad</p> <p>Pulled Pork</p>	<p>23</p> <p>Shrimp Ceviche  <b>Quinoa Patti w/ Mango Salsa</b>          Corn Bread          Spinach Salad</p> <p>Egg Salad</p>
<p>25</p> <p>Alaskan Sole          Wild Rice          Green Beans</p>	<p>26</p> <p>Pozole  <b>Vegan Pozole</b>          Chips and Salsa          Jicama Slaw</p> <p>Crab Cake</p>	<p>27</p> <p>Bento Beef Salad  <b>Tofu Bento Salad</b>          Soba Noodles          Parsley Carrots</p> <p>Tuna Melt</p>	<p>28</p> <p>Niçoise Salad  <b>Vegan Niçoise</b>          French Bread          Gazpacho</p> <p>Chicken Quesadilla</p>	<p>29</p> <p>Crispy Chicken          Sandwich  <b>Meatless Chik'n Sandwich</b>          Macaroni &amp; Cheese          Creamed Spinach</p> <p>Reuben</p>	<p>30</p> <p>Chinese Beef with Broccoli  <b>Vegan Stir Fry</b>          Pot Stickers          Spring Rolls</p> <p>Turkey &amp; Chz Panini</p>



# 4 Toddler Snacking Mistakes

Contributors: Sally Kuzemchak, MS, RD Published August 22, 2022



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Toddlers are notorious nibblers. Their small bellies mean they can't eat a lot at one time, and their go-go-go nature means they don't want to sit at the table too long. Snacking can help add needed nourishment into a toddler's day — as long as it's done right. Here are four strategies to be smarter about snacks.

## **Strategy 1: Snacking on the Go**

Many parents carry an arsenal of munchies to dole out when they're on the go. But too often, snacks are given to distract or occupy kids while running errands or on long drives, not because the kids actually need food.

Grazing on the go also makes it hard for children to focus on their food and listen to their internal signals of hunger and fullness. Eating in the car even can be risky. If your child chokes, you may not be able to help right away.

*Smarter Strategy:* Carry one or two small and easy snacks — such as a banana or small container of whole-grain crackers — in case hunger strikes while you're out. Try other distractions first (such as a book or small toy) when you need to buy time.

## **Strategy 2: Timing Is Everything**

It's frustrating when toddlers come to the table at mealtime and don't want to eat. It's true that their appetites tend to fluctuate day to day, but snacking also may be to blame. Snacks before mealtime can make kids less receptive to trying new foods at meals. Toddlers also may learn to prefer "snack foods" — such as pretzels and gummy fruit snacks — over "meal foods," which can make things even tougher.

*Smarter Strategy:* Space meals and snacks two to three hours apart. If your toddler's hunger doesn't seem to match up with your mealtimes, consider moving meals earlier or serving your child a portion of the meal, such as the veggies, while you finish prepping.

## **Strategy 3: Make Snacks Nutritious**

Many snack foods that are marketed to kids are full of refined flour, added sugar and salt. Those foods are OK to eat occasionally, but they don't provide the nutrients your child needs (such as calcium, iron and fiber) and they teach kids to associate "snack" with "treat."

*Smarter Strategy:* During most snack times, serve the same kinds of foods you serve at mealtime, such as fresh fruits and vegetables, whole grains including whole-wheat tortillas and bread, sources of protein such as hard-boiled eggs and hummus and dairy products such as yogurt and cheese.

## **Strategy 4: Establish a Snack Schedule**

Letting kids nibble all day not only ruins mealtime appetites, but also can set up unhealthy habits. Like adults, kids can learn to snack out of boredom. Mindlessly munching also can lead to a pattern of overeating.

*Smarter Strategy:* Establish scheduled snack times. Most toddlers can go two hours between meals and snacks, so a mid-morning, mid-afternoon and evening snack may work well. Asking your toddler to wait may be tricky at first if munching on demand is the norm. By sticking to dependable meal and snack times, your child will feel reassured that there are plenty of opportunities to eat.