

# SEPTEMBER EVENTS



## MONTHLY THEME: GRAIN POWER

September is National Whole Grains Month, and we are celebrating by featuring delicious and nutritious recipes all month-long that include Whole Grains, an important part of a healthy & balanced meal plan.



**05** MONDAY

### CRUST CRAZE

Today is National Cheese Pizza Day, so Quest is serving up pies made with Whole Grain crust, a nutritious and delicious way to enjoy a slice!



**13** TUESDAY

### GUESS THE GRAINS

Students will play a quick game to try and identify different types of food that contain Whole Grains, for the chance to win a treat for their entire class!



**21** WEDNESDAY

### PASTA PAIRINGS

Students can craft their own meals at a Build-Your-Own Pasta Bar, complete with Whole Grain noodles and a variety of sauces and proteins.



**29** THURSDAY

### STEP RIGHT UP

Quest will be serving Whole Wheat Carnival Cookies, loaded with multi-colored chips and boasting whole wheat flour for a healthful alternative that tastes great!



Coming in October: **CULINARY CREATIONS**