Did you know that your body needs 5-9 servings of fruits and vegetables every day? Today, instead of going up for second helpings or dessert, grab a piece of fruit or a bowl of fruit salad. Your body will thank you.

An apple a day….

Upcoming Events:
• Center dance on September 15th!
• Hip Hop/Funk classes starting on October 1st. Sign up at recreation.
• Caribbean night in the cafeteria October 8th.

Comment or question about the food? Talk to Chef Smith. He wants to know what you think!