
Healthy Bites

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....



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

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.