



# AUGUST

2020

Nazareth Academy



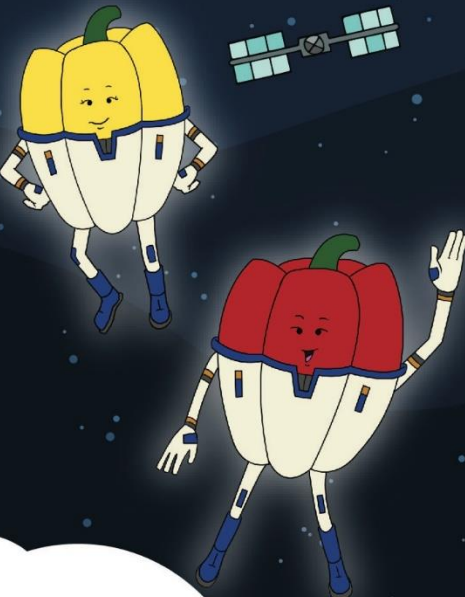
<p>m</p> <p>3.</p>	<p>t</p> <p>4.</p>	<p>w</p> <p>5.</p>	<p>th</p> <p>6.</p>	<p>f</p> <p>7.</p>
<p>10.</p>	<p>11.</p>	<p>12.</p>	<p>13.</p>	<p>14.</p>
<p>17.</p>	<p>18.</p>	<p>19.</p>	<p>20.</p>	<p>21.</p>
<p>No Cafeteria Lunch served. All students must bring a lunch from home and students will eat in their classrooms. Microwaves will not be available to heat lunches on this day.</p> <p>24.</p>	<p>Sausage Kolache Cheese Burger Carrot Sticks Cucumbers Fruit Milk</p> <p>25.</p>	<p>Steak Fingers Cheese pizza Mashed Potatoes Steamed Carrots Fruit Milk Bread</p> <p>26.</p>	<p>Chicken Tenders Cheese Burger Broccoli Mixed Veggies Fruit Milk Bread</p> <p>27.</p>	<p>BBQ on Bun Pepperoni Pizza Baked Beans Baked Chips Fruit Milk</p> <p>28.</p>

Chicken & Waffles  
Pepperoni Pizza  
Carrots sticks  
Celery Sticks  
Fruit Milk

31.

**Special Announcements:**  
This is an equal opportunity employer.

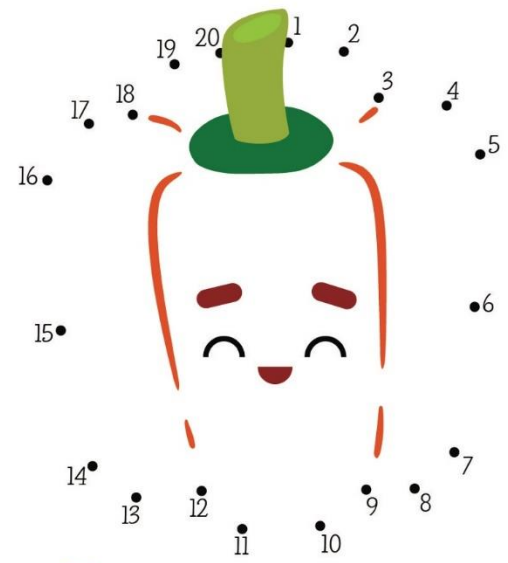




# PLATENARY PEPPERS

Our solar system has eight planets: Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune. The largest planet is Jupiter and the smallest planet is Mercury. There are five official dwarf planets in our solar system: Ceres, Pluto, Haumea, Makemake, and Eris. More dwarf planets are waiting for official classification, and up to 10,000 dwarf planets may exist in our solar system.

## CONNECT THE DOTS



### DID YOU KNOW?

Red bell peppers could be called the full-grown bell peppers, because they are picked later than other bell peppers. They often have a sweet taste. Yellow peppers are picked in the middle of their growing time and rank between green and red bell peppers on how ripe they become.

Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C and vitamin K, vitamin B6 and dietary fiber. They are also a good source of folate, niacin, thiamin and magnesium. Vitamin C helps your body heal from falls and scrapes and vitamin B6 supports normal nervous system function and brain development.