



September 2024 Nutrition Nugget-

Welcome Back to School, Everyone! Hope everyone is glad to be back and getting into the swing of things



again.

It's picture-taking time!

School staff feel the same way-lol.



Tomato (Tomayto-Tomahto) *Whatever way you pronounce it-it's delicious!*

What food item is botanically a fruit and masquerades as a vegetable?! It's a Tomato!

Check out some tomato nutrition info: [Tomatoes Nutrition 101](#) [Tomatoes SNAP-Ed](#)

Try some tasty tomato recipes: [50 Fresh Tomato Recipes](#)

Check out our CHS Cafe Manager, Ashley Sanchez, making fresh & yummy Pico de Gallo for a crowd in our school kitchen! [CHS Pico de Gallo](#) The students love it!

Click on the link below to get a taste of what is in season and recipes to make it special & nutritious!

[What's In Season for September](#)

The "bad" jokes are back-or should I say "rotten"? Hope they bring a smile even if they are corny! 🥒

Q. If you see a crime at an Apple Store, does that make you an iWitness?

Q. What happens when you sing in the shower and get soap in your mouth? A. Then it's a soap opera.

Q. What did the lunch box say to the refrigerator? A. Don't hate me because I'm a little cooler.

Q. How many stormtroopers does it take to change a lightbulb? A. None, because they are all on the dark side.

***My boss said "Dress for the job you want, not the job you have." So I went in as Batman!**

***I was walking down the beach when I heard a swimmer yelling for help with a shark circling him. I just**

laughed...I knew that shark wasn't going to help him.



***I had a horse named Mayo, and Mayo neighed...**

And the Knock, Knock joke in honor of our featured vegetable (fruit?) Tomato:

**"Knock, Knock!
"Who's there?"**

**"Ketchup"
"Ketchup who?"
"Ketchup with you soon!"**

Find some more wholesome family friendly jokes, trivia, games, etc at this website! <https://easyfamilyfun.com/>

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