

Fall in Love  
With  
Fruits & Veggies

September 22<sup>nd</sup>  
is the 1<sup>st</sup> day of fall.

What's in SEASON?

### FRUITS

Blood Oranges  
Grapefruit  
Mandarins  
Oranges  
Pineapple  
Red Papaya  
Cantaloupe  
Pears  
Tangelo

### VEGGIES

Acorn Squash  
Avocados  
Broccoli  
Cabbage  
Carrots  
Garlic  
Ginger  
Green Beans  
Sweet potatoes



**FIRE UP THE GRILL BECAUSE NATIONAL CHEESEBURGER DAY IS SEPTEMBER 18TH. THERE ARE SEVERAL THEORIES ABOUT THE ORIGINS OF THE CHEESEBURGER. ONE STORY CLAIMS THAT THE CHEESEBURGER WAS CREATED BETWEEN 1924 & 1926 BY A CHEF NAMED LIONEL STERNBERGER. AS THE STORY GOES, A HOMELESS MAN DINING AT STERNBERGER'S RESTAURANT IN PASADENA, CALIFORNIA, SUGGESTED THE ADDITION OF A SLICE OF CHEESE TO HIS HAMBURGER ORDER. STERNBERGER COMPLIED, EVENTUALLY ADDING IT TO HIS MENU, & THE REST IS HISTORY.**

**TODAY, CHEESEBURGERS ARE A STAPLE AT RESTAURANTS AND BACKYARD CELEBRATIONS ALL ACROSS THE COUNTRY.**

**HUNGRY YET?**

**ENJOY A DELICIOUS CHEESEBURGER IN HONOR OF NATIONAL CHEESEBURGER DAY!**

**SEPTEMBER 18<sup>TH</sup>  
NATIONAL CHEESEBURGER DAY**



"This institution is an equal opportunity provider."

