## Superfood: Chia Seeds

## September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				National Gyro 1	2	National Baby Back Rib Day
MAS				W(1) Servi		Part of the second
4	5	6	7	NFL 8 Kickoff	9	10
1	A. S	SMOKEHOUSE set to let the obstacle	T. A. T.	CHEESE LOUISE Namedy part and A class	N-11 1	
11	12	National Peanut Day 13	14	15	National Guacamole Day	Monte Cristo 17
	Chek APPRECIATION Week celebrate all the hetines behind the food.	TAVOLA ITALIANA		ZEN. PAN-ASIAN CUISINE		
18	19	20	21	Ice Cream Cone Day 22	23	24
	X	HONEST BOWL	Welcome to Fall	A AN		
25	26	27	28	29	National Coffee/Mocha 30 Day	
		Creole		STREET	( )	