











# Superfood: Chia Seeds

# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				National Gyro Day 1 	2	National Baby Back Rib Day 3
4	5	6 	7	NFL Kickoff 8 	9	10
11	12 	National Peanut Day 13 	14	15 	National Guacamole Day 16	Monte Cristo Day 17
18	19	20 	21 Welcome to Fall	Ice Cream Cone Day 22 	23	24
25	26	27 	28	29 	National Coffee/Mocha Day 30	