

## September Nutrition Cooking Class

Monday, September 26th from 5:30-6:30 pm

### Menu Items:

- Black Bean Spaghetti (Worms) Bolognese
- Frankenstein Whole Grain avocado Toast
- Eyeball Deviled Eggs
- Witches' Broom Veggie and Cheese Sticks
- Pumpkin Smoothies



