<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUG 29</td>
<td>National Cholesterol Education Month</td>
<td>EAT THESE FOODS TO HELP LOWER CHOLESTEROL: <em>Fatty Fish</em> <em>Nuts</em> <em>Oliver Oil</em> <em>Dark Chocolate</em> <em>Whole Grains</em> <em>Spinach</em> <em>Berries</em> <em>Avocados</em> <em>Citrus Fruit</em></td>
<td>NEW FALL HOURS ELEMENTS COFFEE SHOP 7:00 A.M. TO 3:00 P.M. Starting September 1st!</td>
<td>PERSONAL COMMITMENT TO ADVANCE OUR COMMUNITIES</td>
</tr>
</tbody>
</table>

**ARG AUXILIARY RESTAURANT GROUP**
We will be closed Labor Day

**MUSHROOM SWISS BURGER WITH TRUFFLE FRIES**
$10.99
9/12 - 9/16

Simply order from your desk by visiting our website or by scanning the QR code below!

https://auxiliaryrestaurantgroup.buy-ondemand.com/

SEPTEMBER IS NATIONAL WHOLE GRAINS MONTH
Look for whole grain options when visiting our dining areas. We have something for everyone!

21 September 20th-25th is National Eye Health Week

28 National Coffee Day
Celebrate by treating yourself with a coffee from one of our specialty roasters!

30

FOCUS! on eating these foods to boost your eye health

We invite everyone joining us this celebration month to make a personal commitment to improve the Quality of life in the workplace, as well as for children, adults, and seniors in the Latino community.