

APRIL 2024

CO2 Join us April 25th for a delicious cookie.

Join us April 17th for the Ace Giveaway!!



ACE'S CORNER

Breakfast Prices

Paid: \$1.50

Reduced: \$0.30

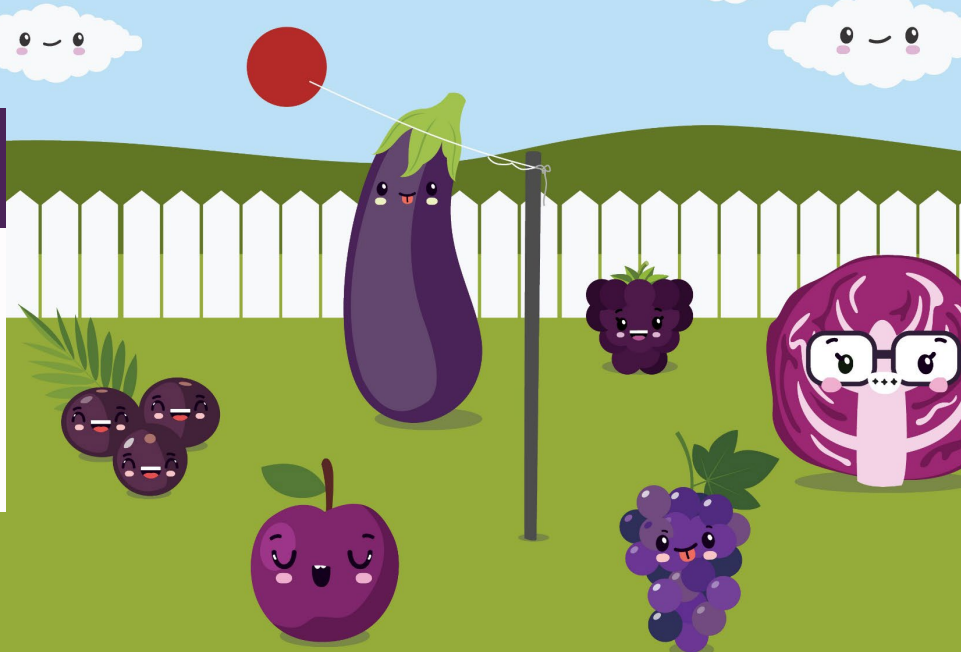
Lunch Prices

Paid: \$2.55

Reduced: \$0.40

Sunbutter & Jelly Sandwich offered at lunch daily

*Menu Subject To Change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>No School</p>	<p>1 Mini Cinnamon Rolls, Orange, Fruit Blend Juice</p> <hr/> <p>French Toast Sticks w/Sausage Chicken Chef Salad w/Roll Pizza Flatbread Pack Pears, Baby Carrots, Broccoli, Banana</p>	<p>2 Oatmeal Chocolate Chip Benefit Bar, Applesauce, Orange Juice</p> <hr/> <p>Cheese Quesadilla Beef & Rice Bowl Ham & Cheese Sub Peaches, Kickin' Pinto Beans, Apple, Zucchini</p>	<p>3 Animals Yogurt, Giant Goldfish Cracker, Banana</p> <hr/> <p>Bacon Cheeseburger Turkey Chef Salad w/Roll Mozzarella & Pepperoni Pizza Bagel Pack Applesauce, Rainbow Blend Veggies, Celery, Pears</p>	<p>4 Oat Apple Cinnamon Round, Craisins, Apple Juice</p> <hr/> <p>Cheese & Sausage Pizza Popcorn Chicken Salad w/Roll Chocolate Muffin, Animal Cracker & Cheese Stick Pack Spinach Salad, Baby Carrots, Apple, Blue Raspberry Lemon Sidekick</p>
<p>8 Danimals Yogurt, Animal Crackers, Apple Slices</p> <hr/> <p>Chicken Patty Sliders Egg Chef Salad w/Roll Pepperoni Pizza Bagel Pack Fruit Mix, Broccoli, Orange, Tater Tots</p>	<p>9 Cocoa Puff Cereal Bar, String Cheese, Fruit Blend Juice</p> <hr/> <p>Chicken Tender w/Pretzel Rod Tossed Salad w/Cheese & Roll Three Cheese Sub Pears, Green Beans, Red Pepper, Banana</p>	<p>10 Cinnamon Toast Crunch Cereal Bowl, String Cheese, Applesauce</p> <hr/> <p>Oven Fried Rice w/Dumplings Apple, Yogurt & Cheese Stick Plate w/Roll Turkey & Cheese Sandwich Peaches, Peas & Carrots, Apple, Smiley Fries</p>	<p>11 Apple Frudel, Banana, Fruit Blend Juice</p> <hr/> <p>Dutch Waffle w/Powdered Sugar & Sausage Patty Popcorn Chicken Salad w/Roll Ham & Cheese Sandwich Warm Cinnamon Apples, Wango Mango Juice, Pear Half, Celery</p>	<p>12 Banana Breakfast Bread, Craisins, Apple Juice</p> <hr/> <p>Cheese Pizza Italian Salad w/Roll Pretzel, Yogurt & Cheese Stick Pack Apricots, Spinach Salad, Baby Carrots Blue Raspberry Lemon Sidekick</p>
<p>15 Chocolate Chip Breakfast Round, Apple Slices, Grape Juice</p> <hr/> <p>Mini Corn Dogs Tossed Salad w/Cheese & Roll Turkey & Cheese Sub Fruit Mix, Celery, French Fries, Orange</p>	<p>16 Blueberry Nutrigrain Bar, Cheese Cubes, Fruit Blend Juice</p> <hr/> <p>Nachos Chicken Taco Salad w/Roll Pepperoni Flatbread Pizza Pack Pears, Banana, Corn, Grape Tomatoes</p>	<p>17 Honey Cherrios Cereal Bowl, Applesauce, Raisins</p> <hr/> <p>Popcorn Chicken Potato Bowl w/Breadstick Turkey Chef Salad w/Roll Pretzel, Yogurt & Cheese Stick Pack Peaches, Apple, Broccoli, Peppers</p>	<p>18 Trix Cereal Bowl, Giant Goldfish Cracker, Banana</p> <hr/> <p>Chicken Nuggets w/Pretzel Rod Apple, Yogurt & Cheese Stick Plate w/Roll Ham & Turkey Sub Applesauce, Tater Tots, Pears, Cucumber</p>	<p>19 Lucky Charms Cereal Bowl, Cheese Cubes, Craisins</p> <hr/> <p>Pepperoni Pizza Buffalo Chicken Salad w/Roll Ham & Cheese Sub Rainbow Blend Veggies, Baby Carrots, Apple, Blue Raspberry Lemon Sidekick</p>
<p>22 Blueberry Breakfast Bread, Apple Slices, Grape Juice</p> <hr/> <p>Chicken Quesadilla Chicken & Cheese Salad w/Roll Goldfish Crackers, Cheese Cubes & Ham Pack Fruit Mix, Black Beans, Tossed Salad, Strawberries</p>	<p>23 Cinnamon Toast Crunch Cereal Bowl, String Cheese, Orange</p> <hr/> <p>Corn Dog Apple, Yogurt & Cheese Stick Plate w/Roll Ham & Cheese Sandwich Pears, Banana, Cucumber, Tater Tots</p>	<p>24 Apple Frudel, Applesauce, Orange Juice</p> <hr/> <p>Pancake Bites w/Scrambled Eggs & Cheese Italian Salad w/Roll Turkey & Cheese Sandwich Peaches, Celery, Apple, Baby Carrots</p>	<p>25 Chocolate Filled Crescent, Banana, Fruit Blend Juice</p> <hr/> <p>Hot Dog Creamy Italian Rice Bowl Pepperoni Pizza Bagel Pack Applesauce, Corn, Pears, Edamame Cookie</p>	<p>26 No School</p>
<p>29 Honey Cherrios Cereal Bowl, Cheese Cubes, Apple Slices</p> <hr/> <p>Sweet & Sour Chicken w/Rice Ham Chef Salad w/Roll Flatbread Pizza Pack Fruit Mix, Broccoli, Orange, Baby Carrots</p>	<p>30 Blueberry Breakfast Bread, Orange, Fruit Blend Juice</p> <hr/> <p>Chicken Patty Sandwich Popcorn Chicken Salad w/Roll Italian Pull-A-Part Pears, Waffle Fries, Broccoli, Banana</p>	<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p>		

PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

DISCOVER: PLUM

Look out for plum perfection this month.

In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



PURPLE CAULIFLOWER:

Brimming with vitamin C, potassium & fiber

Peak Season: Dec. - Feb.

CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins

Peak Season: Sep. - Oct.



EGGPLANT:

Full of fiber, folate, & antioxidants

Peak Season: Jul. - Oct.

CHALLENGE OF THE MONTH: CABBAGE COLOR KIT

Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.

MATERIALS:

White clothes to dye
1 large pot
1 strainer
2 cups of chopped red cabbage
5 cups of water

Choose one or the other:

2 tablespoons of apple cider vinegar for purple

OR

1 teaspoon of baking soda for blue



Tie rubber bands around different parts of the shirt beforehand to create patterns!

*DO NOT attempt cook or chop without adult supervision.



ACE'S RECIPE OF THE MONTH:

CREAMY PURPLE BERRY SMOOTHIE*

Serves 2

INGREDIENTS:

1/2 cup of pomegranate juice

1 tablespoon of honey

3 ounces of silken firm tofu (about 1/2 cup)

1 cup of frozen unsweetened mixed berries

1 cup of frozen unsweetened strawberries

Whip cream (optional)

PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



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This institution is an equal opportunity provider.