

# MAY 2024

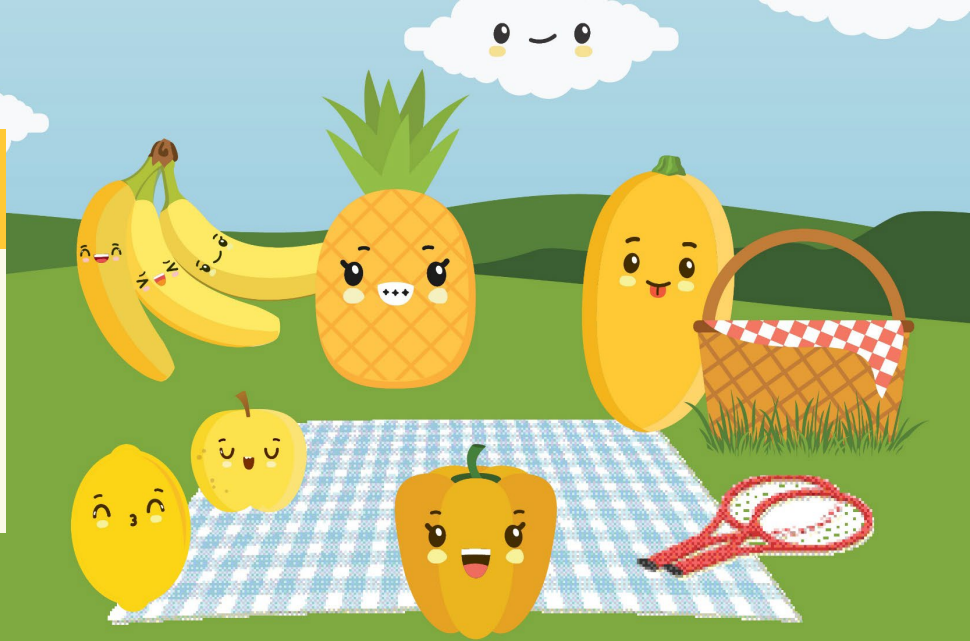
**CO2** Join us May 23rd for a delicious cookie.

Join us May 8th for the Ace Giveaway Day!!



**ACE'S CORNER**

Breakfast Prices      Lunch Prices  
 Paid: \$1.50              Paid: \$2.55  
 Reduced: \$0.30        Reduced: \$0.40



Sunbutter & Jelly Sandwich offered at lunch daily

\*Menu subject To Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>&lt; <b>Now Hiring!!</b>                      Food Service is Hiring!  <b>Work While Kids are in School</b>  <b>Great Benefits</b>                      Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>		Sugar Powdered Donut, Applesauce, Orange Juice 1  Popcorn Chicken w/Pretzel Rod Egg Chef Salad w/Roll Pretzel, Yogurt & Cheese Pack Peaches, Baked Beans, Celery, Apple	Cocoa Puffs Cereal Bowl, Cheese Cubes, Fruit Blend Juice 2  Mini Waffle w/Sausage Tossed Salad w/Cheese & Roll Ham & Cheese Sandwich Wango Mango, Applesauce, Red Pepper, Pears	Strawberry Pop Tart, Craisins, Apple Juice 3  Cheese Pizza Ranch Chicken Salad w/Roll Turkey & Cheese Sub Dragon Juice, Pineapple Strawberry Cup, Cucumber, Blue Raspberry Lemon Kickstart
Lemon Breakfast Bread, Apple Slices, Grape Juice 6  Chicken Nuggets w/Cheez-it Crackers Tossed Salad w/Cheese & Roll Turkey & Cheese Sub Fruit Mix, French Fries, Red Peppers, Orange	Mini Cinnamon Rolls, Orange, Fruit Blend Juice 7  French Toast Sticks w/Sausage Chicken Chef Salad w/Roll Pizza Flatbread Pack Pears, Baby Carrots, Broccoli, Banana	Oatmeal Chocolate Chip Bar, Applesauce, Orange Juice 8  Cheese Quesadilla Creamy Italian Rice Bowl Ham & Cheese Sub Peaches, Kickn' Pinto Beans, Apple, Zucchini	Animals Vanilla Yogurt, Giant Goldfish Cracker, Banana 9  Bacon Cheeseburger Turkey Chef Salad w/Roll Pepperoni Pizza Bagel Pack Applesauce, Rainbow Blend Veggies, Celery, Orange Juice	Oat Apple Cinnamon Round, Craisins, Apple Juice 10  Sausage Pizza Popcorn Chicken Salad w/Roll Chocolate Muffin, Animal Crackers & Cheese Stick Pack Spinach, Baby Carrots, Apple, Blue Raspberry Lemon Sidekick
Honey Cherrios Cereal Bowl, String Cheese, Apple Slices 13  Hot Dog Chicken Patty Sliders Pepperoni Pizza Bagel Pack Fruit Mix, Broccoli, Orange, Tater Tots	Cocoa Puffs Cereal Bar, String Cheese, Fruit Blend Juice 14  Chicken Tenders w/Pretzel Rod Tossed Salad w/Cheese & Roll Three Cheese Sub Pears, Green Beans, Red Pepper, Banana	Cinnamon Toast Crunch Cereal Bowl, String Cheese, Applesauce 15  Cheeseburger Apple, Yogurt & Cheese Stick Plate w/Roll Turkey & Cheese Sandwich Peach, Peas & Carrots, Apple, Smiley Fires	Apple Frudel, Banana, Fruit Blend Juice 16  Dutch Waffle w/Powder Sugar & Sausage Patty Popcorn Chicken Salad w/Roll Ham & Cheese Sandwich Warm Cinnamon Apples, Wango Mango Juice, Pears, Celery	Honey Cherrios Cereal Bowl, String Cheese, Craisins 17  Pepperoni Pizza Italian Salad w/Roll Pretzel, Yogurt & Cheese Stick Pack Apricots, Spinach, Baby Carrots, Blue Raspberry Lemon Sidekick
Pumpkin Breakfast Bread, Apple Slices, Grape Juice 20  Cheeseburger Tossed Salad w/Cheese & Roll Turkey & Cheese Sub Fruit Mix, Celery, French Fries, Orange	Blueberry Nutrigrain Bar, Cheese Cubes, Fruit Blend Juice 21  Chicken Tenders w/Breadstick Baja Salad w/Roll Pepperoni Flatbread Pizza Pack Pears, Banana, Corn, Grape Tomatoes	Cinnamon Toast Crunch Bar, Cheese Cubes, Raisins 22  Popcorn Chicken Potato Bowl Turkey Chef Salad/ Roll Pretzel, Yogurt & Cheese Stick Pack Peaches, Apple, Broccoli, Red Peppers	Trix Cereal Bowl, Giant Goldfish Crackers, Banana 23  Chicken Nuggets w/Breadstick Apple, Yogurt & Cheese Stick Plate w/Roll Ham & Turkey Sub Applesauce, Tater Tots, Pears, Cucumber Cookie	No School 24
No School 27	Cinnamon Toast Crunch Cereal Bowl, String Cheese, Orange 28  Corn Dog Apple, Yogurt, & Cheese Stick Plate w/Roll Ham & Cheese Sandwich Pears, Banana, Cucumber, Tater Tots	Apple Frudel, Applesauce, Orange Juice 29  Pancake Bites & Scrambled Eggs w/Cheese Italian Salad w/Roll Turkey & Cheese Sandwich Peaches, Celery, Apple, Baby Carrots	Chocolate Filled Crescent, Craisins, Apple Juice 30  Hot Dog Tossed Salad w/Cheese & Roll Pepperoni Pizza Bagel Pack Applesauce, Corn, Pears, Edamame	Mini Cinnamon Creamy Cheese 31 Bagel, Craisins, Apple Juice  Cheese Pizza Egg Chef Salad w/Roll Three Cheese Sub Pineapple, Apple, Spinach, Red Peppers

# YELLOW WORLD

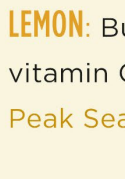
Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include corn, yellow tomatoes, garbanzo beans, bananas, yellow peppers, and egg yolks.

## DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



**PINEAPPLE:** Brimming with vitamin C, calcium, & iron  
**Peak Season:** Apr.-May



**LEMON:** Bursting with fiber, vitamin C, & potassium  
**Peak Season:** Nov.-Mar.



**STARFRUIT:** Full of protein, vitamins, & minerals  
**Peak Season:** Aug.-Sep.

## CHALLENGE OF THE MONTH: EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! See below for some flavorful suggestions.



STRAWBERRY, BEET,  
SPINACH, APPLE JUICE



PINEAPPLE, BANANA,  
COCONUT MILK, SPINACH



MANGO, ORANGE JUICE,  
CARROT JUICE



## ACE'S RECIPE OF THE MONTH:



### PINEAPPLE COBLER\*

Serves 8

#### INGREDIENTS:

- 1 cup all-purpose flour
- 1 pinch of salt
- 1 cup sugar
- 1 tablespoon baking powder
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/4 lb.) unsalted butter, melted
- 1 can (20 oz.) pineapple chunks in juice, drained
- Vanilla ice cream or whipped cream (optional)

#### PREPARATION:

1. Preheat oven to 375°F. In a bowl, mix flour, salt, sugar, baking powder, milk, and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
2. Spread a very thin layer of batter evenly in a 9x13" baking dish and scatter pineapple chunks evenly over batter.
3. Bake 25 minutes or until pineapple has fallen to bottom of pan and top is puffed, golden brown, and springs back slightly when touched in middle. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

**\*DO NOT attempt cook or chop without adult supervision.**