

MAY-JUNE 2024



ACE'S CORNER

Elliott, Hamilton, Hicks,
Roosevelt-McGrath, &
Taft-Galloway

Extra Slice is \$2.00 on Pizza Day!
Menus are Subject to Change.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast Round Applesauce	6	Pop Tart Whole Fruit	7	Tiger Bites & String Cheese Fruit Cup	8	Zee Zee Bar Apple Slices	9	Apple Frudel Fruit Juice	10
A. Chicken Nuggets & Roll B. Uncrustable (No Peanut) C. Hummus & Pita Plate		A. Domino's Pizza B. Hummus & Pita Plate		A. BBQ Rib Sandwich B. Taco Stick C. Hummus & Pita Plate		A. French Toast Sticks B. Cheese Pizza Quesadilla C. Hummus & Pita Plate		A. Chicken Patty Sandwich B. Bean & Cheese Burrito C. Hummus & Pita Plate	
Nutri Grain Bar Applesauce	13	Muffin & Cheese Stick Whole Fruit	14	Cinni Mini Fruit Cup	15	Cereal Banana	16	Fruit Bread Fruit Juice	17
A. Chicken Drumstick & Roll B. Uncrustable (No Peanut) C. Egg & Cheese Plate		A. Domino's Pizza B. Egg & Cheese Plate		A. Beef Tacos B. Mexican Pizza C. Egg & Cheese Plate		A. Pancakes & Sausage B. Chef's Salad C. Egg & Cheese Plate		A. Chicken Patty Sandwich B. Turkey & Cheese Sandwich C. Egg & Cheese Plate	
Breakfast Round Applesauce	20	Pop Tart Whole Fruit	21	Tiger Bites & String Cheese Fruit Cup	22	Zee Zee Bar Apple Slices	23	Apple Frudel Fruit Juice	24
A. Chicken Tenders & Roll B. Uncrustable (No Peanut) C. Yogurt Plate		A. Domino's Pizza B. Yogurt Plate		A. Beefy Nacho's B. Ham & Cheese Sandwich C. Yogurt Plate		A. Pepperoni Crazy Bread B. Crazy Cheese Bread C. Yogurt Plate		½ Day NO LUNCH	
	27	Muffin & Cheese Stick Whole Fruit	28	Mini Strawberry Bagel Apple Slices	29	Cereal Banana	30	Fruit Bread Fruit Juice	31
NO SCHOOL MEMORIAL DAY DISTRICT CLOSED		A. Domino's Pizza B. Cook's Choice		A. Bosco Sticks B. Cook's Choice C. Cook's Choice		A. Cook's Choice B. Cook's Choice C. Cook's Choice		A. Chicken Patty Sandwich B. Cook's Choice C. Cook's Choice	
Cook's Choice Cook's Choice	3	Cook's Choice Cook's Choice	4	Cook's Choice Cook's Choice	5	Cook's Choice Cook's Choice	6	Cook's Choice Cook's Choice	7
A. Cook's Choice B. Cook's Choice C. Cook's Choice		A. Domino's Pizza B. Cook's Choice		A. Cook's Choice B. Cook's Choice		½ Day NO LUNCH		½ Day NO LUNCH	

YELLOW WORLD

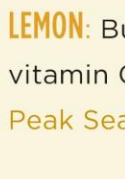
Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this 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.**