



MAY 2023

Pick 2 You can always **Pick 2** for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO* of the following: cereal, string cheese, graham crackers, muffin, Poptart or yogurt.

ACE'S CORNER

Breakfast Prices

Paid: \$1.40

Reduced: \$0.30

Lunch Prices

Paid: \$2.15


Reduced: \$0.40

Extra Milk available for purchase \$0.50



Low Fat Milk & 100% Fruit Juice offered with Breakfast and Lunch

Menus are subject to change without Notice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast Pizza 1	Breakfast Bagel Pizza 2	Donut Holes 3	Breakfast Bar 4	Cinni Mini 5					
Chicken Tenders/Mac-n-Cheese Muffin/Yogurt Pack Grilled Chicken Salad Sub Sandwich Broccoli, Red Peppers, Fruit	Mini Corns Flatbread Pizza Pack Ham Pizza Salad Sub Sandwich Coleslaw, Baked beans, Fruit	Chicken Nuggets w/Biscuit Ham/Cheese Goldfish Pack Breaded Buffalo Chicken Salad Sub Sandwich Fries, Carrots, Fruit	Loaded Nachos Flatbread Pizza Pack Turkey/Cheese Salad Sub Sandwich Corn, Tomatoes, Fruit	Max Sticks Muffin/Yogurt Pack Popcorn Chicken Salad Sub Sandwich Cali Blend, Celery, Fruit					
Sausage Egg Cheese Biscuit 8	Breakfast Pizza 9	Cinnamon Rolls 10	Omelet w/Biscuit 11	Breakfast Bar 12					
Salisbury Steak/roll Muffin/Yogurt Pack Grilled Chicken Salad Sub Sandwich Mashed Potatoes, Broccoli Fruit	Chicken Filet on Bun Flatbread Pizza Pack Ham Pizza Salad Sub Sandwich Green Beans, Celery, Fruit	Spaghetti w/Meat Sauce & Garlic Toast Ham/Cheese Pack Breaded Buffalo Chicken Salad Sub Sandwich Greens Beans, Celery, Fruit	Beef Tacos Flatbread Pizza Pack Turkey/Cheese Salad Sub Sandwich Refried Beans, Carrots, Fruit	Pepperoni Pizza Chocolate Muffin/Yogurt Pack Popcorn Chicken Salad Sub Sandwich Broccoli, Tomatoes, Fruit					
Biscuit & Gravy 15	Pancake on Stick 16	Donut Holes 17	Jumbo Muffin 18	French Toast Sticks 19					
Country Fried Steak w/gravy & Roll Muffin/Yogurt Pack Grilled Chicken Salad Sub Sandwich Mashed Potatoes, Broccoli, Fruit	Hot Dog on bun Flatbread Pizza Pack Ham Pizza Salad Sub Sandwich Baked Beans, Carrots, Fruit	Grilled Cheese Sandwich Ham/Cheese Pack Breaded Buffalo Chicken Salad Sub Sandwich Fries, Red Peppers, Fruit	Loaded Nachos Flatbread Pizza Pack Turkey/Cheese Salad Sub Sandwich Corn, Tomatoes, Fruit	Cheese Pizza Muffin/Yogurt Pack Popcorn Chicken Salad Sub Sandwich Broc/Cheese, Celery, Fruit					
Manager's Choice 22	Manager's Choice 23	Manager's Choice 24	Manager's Choice 25						
Manager's Choice	Manager's Choice	South Terrace: Manager's Choice North Elementary: Sack Lunch	North Elementary: Manager's Choice South Terrace: Sack Lunch						 Class of 2023

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.**

