



APRIL 2024 —

Questions or Concerns? Call
Food Service Director
Anthony at 414-218-7933

Breakfast Price:
Paid: \$1.85
Reduced: \$.40

Lunch Price:
Paid: \$3.00
Reduced: \$.40



ACE'S CORNER

Sun Butter & Jelly Sandwich offered at lunch daily

White and Chocolate Milk Available Daily

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
NO SCHOOL	1	Pancake Bites w/Sausage Fish Sticks w/Cheez-Its Pretzel, String Cheese, Yogurt Pack	2	Nacho Cheese Walking Taco Chicken Tender w/ Pretzel Rod Ham and Cheese Sub	3	Bacon Cheeseburger Chicken Bites w/Dipping Sauce Blueberry Parfait	4	Choice of Pizza Chicken Patty Sandwich Sun Butter & Jelly Sandwich	5	
		Chef Choice Fries Fresh Broccoli Diced Pears or Banana Assorted Juice Box		Baked Beans Cucumber Coins Diced Peaches or Apple Slices Assorted Juice Box		Chef Choice Fries Celery Sticks Applesauce or Pears Assorted Juice Box		Fresh Baby Carrots Garbanzo Beans Mixed Berry Cup or Apple Assorted Juice Box		
	8	Pizza Max Sticks w/ Marinara Hot Dog Sun Butter & Jelly Sandwich	9	Sloppy Joe Sandwich Chicken Tender w/Pretzel Rod Strawberry Parfait	10	Fried Rice w/Chicken Dumpling Chicken Patty Sandwich Turkey & Cheese Sub	11	French Toast Stick w/Sausage Cheeseburger Make Your Own Flatbread Pizza	12	Choice of Pizza Grilled Cheese Pretzel, String Cheese, Yogurt Pack
		Fresh Broccoli Baked Beans Mixed Fruit Cup or Orange Assorted Juice Box		Chef Choice Fries Red Pepper Strips Diced Pears or Banana Assorted Juice Box		Steamed Broccoli Edamame Cup Diced Peaches or Apple Slices Assorted Juice Box		Wango Mango Juice Box Celery Sticks Applesauce or Pear Assorted Juice Box		Fresh Baby Carrots Spinach Salad Mixed Berry Cup or Apple Assorted Juice Box
	15	Mac & Cheese w/Corn Dogs Grilled Cheese Turkey & Cheese Sub	16	Beef Nachos Chicken Tender w/ Pretzel Rod Garden Salad w/Dinner Roll	17	Popcorn Chicken Potato Bowl Bosco Sticks w/Marinara Pretzel, String Cheese, Yogurt Pack	18	Waffles w/Scrambled Eggs BBQ Pulled Pork Sandwich Peach Parfait	19	Choice of Pizza Cheeseburger Ham & Cheese Sub
	Chef Choice Fries Celery Sticks Mixed Fruit Cup or Orange Assorted Juice Box		Black Beans Red Pepper Strips Diced Pears or Banana Assorted Juice Box		Steamed Corn Fresh Broccoli Diced Peaches or Apple Slices Assorted Juice Box		Chef Choice Fries Cucumber Coins Applesauce or Pear Assorted Juice Box		Fresh Baby Carrots Spinach Salad Mixed Berry Cup or Apple Assorted Juice Box	
22	Chicken Tacos Cheeseburger Muffin, String Cheese, Yogurt Pack	23	Pasta w/Meat Sauce Grilled Cheese Ham & Cheese Sub	24	Pancake Bites w/Scrambled Egg Meatball Sub Sandwich Sun Butter & Jelly Sandwich	25	Orange Chicken & Rice Hot Dog Make Your Own Bagel Pizza	26	Choice of Pizza Chicken Patty Sandwich Pretzel, String Cheese, Yogurt Pack	
	Black Beans Red Pepper Strips Mixed Fruit Cup or Orange Assorted Juice Box		Chef Choice Fries Cucumber Coins Diced Pears or Banana Assorted Juice Box		Steamed Carrot Celery Sticks Diced Peaches or Apple Slices Assorted Juice Box		Steamed Broccoli Garbanzo Beans Applesauce or Pear Assorted Juice Box		Steamed Peas Fresh Baby Carrot Mixed Berry Cup or Apple Assorted Juice Box	
29	Vegetable Lo Mein w/Chicken Cheeseburger Blueberry Parfait	30	Beef Totcho Bowl Grilled Cheese Sun Butter & Jelly Sandwich							
	Steamed Broccoli Fresh Baby Carrots Mixed Fruit Cup or Orange Assorted Juice Box		Chef Choice Fries Fresh Broccoli Diced Pears or Banana Assorted Juice Box							

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.