



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 1	Pancake Bites w/Sausage 2 Fish Sticks w/Cheez-Its Pretzel, String Cheese, Yogurt Pack	Nacho Cheese Walking Taco Chicken Tender w/ Pretzel Rod Ham and Cheese Sub	Bacon Cheeseburger 4 Chicken Bites w/Dipping Sauce Blueberry Parfait	Choice of Pizza 5 Chicken Patty Sandwich Sun Butter & Jelly Sandwich
SCHOOL	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
Pizza Max Sticks w/ Marinara 8 Hot Dog Sun Butter & Jelly Sandwich	Sloppy Joe Sandwich 9 Chicken Tender w/Pretzel Rod Strawberry Parfait	Fried Rice w/Chicken Dumpling 10 Chicken Patty Sandwich Turkey & Cheese Sub	French Toast Stick w/Sausage 11 Cheeseburger Make Your Own Flatbread Pizza	Choice of Pizza 12 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
Mac & Cheese w/Corn Dogs 15 Grilled Cheese Turkey & Cheese Sub	Beef Nachos 16 Chicken Tender w/ Pretzel Rod Garden Salad w/Dinner Roll	Popcorn Chicken Potato Bowl 17 Bosco Sticks w/Marinara Pretzel, String Cheese, Yogurt Pack	Waffles w/Scrambled Eggs BBQ Pulled Pork Sandwich Peach Parfait	Choice of Pizza 19 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
Chicken Tacos 22 Cheeseburger Muffin, String Cheese, Yogurt Pack	Pasta w/Meat Sauce 23 Grilled Cheese Ham & Cheese Sub	Pancake Bites w/Scrambled Eg ⊉ 4 Meatball Sub Sandwich Sun Butter & Jelly Sandwich	Orange Chicken & Rice 25 Hot Dog Make Your Own Bagel Pizza	Choice of Pizza 26 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
Vegetable Lo Mein w/Chicken 29 Cheeseburger Blueberry Parfait	Beef Totcho Bowl 30 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			

PURPLEREIGN

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.



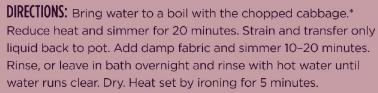


EGGPLANT:

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.





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!



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!



*DO NOT attempt cook or chop without adult supervision.