

APRIL 2025 - Bayside

**Questions or Concerns? Email Food Service Director Anthony at Damico-
Anthony@Aramark.com**

Breakfast Price:
Paid: \$2.00
Reduced: \$.30

Lunch Price:
Paid: \$3.25
Reduced: \$.40

ACE'S CORNER



Cheese Sandwich offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Beef Nachos Chicken Tenders w/Pretzel Rod Make Your Own Flatbread Pizza <hr/> Steamed Corn Fresh Broccoli Diced Pears or Banana Assorted Juice Box	Cheese Bosco Sticks Signature Chicken Patty Sandwich Blueberry Parfait w/Crackers <hr/> Baked Beans Celery Sticks Diced Peaches or Apple Slices Assorted Juice Box	Waffles w/Chicken Sausage BBQ Pulled Pork Sandwich Apple, String Cheese, Yogurt Pack <hr/> Tater Tots Cucumber Coins Applesauce or Pear Assorted Juice Box	Choice of Pizza Grilled Cheese Sun Butter & Jelly Sandwich <hr/> Red Pepper Strips Fresh Baby Carrots Diced Pineapple or Apple Assorted Juice Box
Beef Tacos Chicken Patty Sandwich Blueberry Parfait <hr/> Black Beans Fresh Baby Carrots Mixed Fruit Cup or Orange Assorted Juice Box	Cheese Quesadilla Boneless Chicken Wings w/Pretzel Sun Butter & Jelly <hr/> Chef's Choice Fries Cucumber Coins Diced Pears or Banana Assorted Juice Box	Pancake Bites w/Chicken Sausage Grilled Cheese Turkey & Cheese Sandwich <hr/> Steamed Carrots Celery Sticks Diced Peaches or Apple Slices Assorted Juice Box	Thia Chicken Bowl Hot Dog Make Your Own Bagel Pizza <hr/> Steamed Corn Edamame Cup Applesauce or Pear Assorted Juice Box	Choice of Pizza Fish Sticks w/Pretzel Rod Muffin, String Cheese, Yogurt Pack <hr/> Spinach Salad Red Pepper Strips Diced Pineapple or Apple Assorted Juice Box
Chicken Tenders w/Pretzel Rod Cheeseburger Make Your Own Flatbread Pizza <hr/> Baked Beans Fresh Baby Carrots Mixed Fruit Cup or Orange Assorted Juice Box	Beef Totchos Atomic Chicken Patty Sandwich Strawberry Parfait w/Crackers <hr/> Chef's Choice Fries Fresh Broccoli Diced Pears or Banana Assorted Juice Box	Pasta w/Meat Sauce Chicken Nuggets w/Pretzel Rod Sun Butter & Jelly Sandwich <hr/> Steamed Peas Celery Sticks Diced Peaches or Apple Slices Assorted Juice Box	Waffles w/Chicken Sausage Corn Dog w/Goldfish Ham & Cheese Sandwich <hr/> Steamed Green Beans Red Pepper Strips Applesauce or Pear Assorted Juice Box	No School
Fish Bites w/Cheeze-Its Chicken Nuggets w/Goldfish Muffin, String cheese, Yogurt Pack <hr/> Steamed Broccoli Red Pepper Strips Mixed Fruit Cup or Orange Assorted Juice Box	French Toast Sticks w/Sausage Meatball Sandwich Sun Butter & Jelly Sandwich <hr/> Chef's Choice Fries Fresh Broccoli Diced Pears or Banana Assorted Juice Box	Nacho Cheese Walking Taco Hot Dog Garden Salad w/Pretzel <hr/> Baked Beans Cucumber Coins Diced Peaches or Apple Slices Assorted Juice Box	Bacon Cheeseburger Grilled Cheese Make Your Own Bagel Pizza <hr/> Garlic Mashed Potatoes Celery Sticks Applesauce or Pear Assorted Juice Box	Choice of Pizza Chicken Patty Sliders Blueberry Yogurt Parfait w/Crackers <hr/> Spinach Salad Fresh Baby Carrots Diced Pineapple or Apple Assorted Juice Box
Hot Dog Mac& Cheese w/Popcorn Chicken Make Your Own Bagel Pizza <hr/> Chef's Choice Fries Fresh Broccoli Mixed Fruit Cup or Orange Assorted Juice Box	Beef Totcho Bowl Chicken Tenders w/Pretzel Rod Peach Parfait w/Crackers <hr/> Steamed Corn Red Pepper Strips Diced Pears or Banana Assorted Juice Box	Boneless Chicken Bites w/Goldfish Mozzarella Pizza Crunchers Turkey & Cheese Sub <hr/> Vegetable Medley Celery Sticks Diced Peaches or Apple Slices Assorted Juice Box		

JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER : KIWI

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



CELERY:

Filled with vitamins, fiber, & antioxidants
Peak Season: Apr. – Dec.

SPINACH: Hearty dose of protein, calcium, & potassium
Peak Season: Mar – Jun.



AVOCADO: Packed with vitamins, phytonutrients, & minerals
Peak Season: Apr. – Mar.

CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE



ACE'S RECIPE OF THE MONTH:

THAI COCONUT & BROCCOLI SOUP*

Serves 4

INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

***DO NOT attempt to chop ingredients or cook without adult supervision.**