

MAY 2022

Milk Offered Daily - 1% White, Skim Chocolate & Skim Strawberry

Did you know that all grains we serve are rich in whole wheat flour? Whole Grains increases the amount of vitamins, minerals, fiber and protein it contains.

ACE'S CORNER

Adult Breakfast \$2.50
Adult Lunch \$4.60



*PB&J Uncrustable offered daily at lunch

*Menu subject to change

*All Salads are served with a grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal & String Cheese 2 Apple Wedges & 100% Fruit Juice 1. Country Popcorn Chicken Bowl 2. Mini Corndogs 3. Turkey & Cheese Sandwich Corn, Tomato Wedges, Orange Wedges, Fruit Cocktail	Mini Cinnis 3 Raisins & 100% Fruit Juice 1. Fish Sticks w/ Mac & Cheese 2. Chicken Patty Sandwich 3. Ham & Cheese Salad Mixed Veggies, Coleslaw, Banana, Diced Pears	Yogurt & Elf Grahams 4 Applesauce & 100% Fruit Juice 1. BBQ Pulled Pork Sandwich 2. Popcorn Chicken w/ Goldfish 3. Cheese Sandwich Steamed Broccoli, Baby Carrots, Apple Wedges, Peaches, Dessert	Confetti Pancakes 5 Craisins & 100% Fruit Juice 1. Nacho Cheese Walking Taco 2. Riblet Sandwich 3. Ham & Cheese Wrap Refried Beans, Celery Sticks, Diced Pears, Applesauce	No School Oaks Day 6
Cereal & String Cheese 9 Apple Wedges & 100% Fruit Juice 1. The Backyard Burger 2. Hotdog 3. Ham Sandwich Charro Black Beans, Baby Carrots, Orange Wedges, Fruit Cocktail	Sausage Wrapped Pancake 10 Raisins & 100% Fruit Juice 1. Banh Mi Turkey Sandwich 2. Grilled Cheese Sandwich 3. Turkey Chef Salad Buttered Corn, Red Pepper Strips, Banana, Diced Pears	Jumbo WG Muffin 11 Applesauce & 100% Fruit Juice 1. Salisbury Steak w/ Gravy & Roll 2. Chicken Nuggets w/ Roll 3. Cheesy Wrap Mashed Potatoes, Cucumber Slices, Apple Wedges, Peaches	Pop Tart & String Cheese 12 Craisins & 100% Fruit Juice 1. Banh Mi Turkey Sandwich 2. Corndog 3. Fajita Chicken Nacho Salad Green Beans, Fresh Broccoli, Diced Pears, Applesauce	Mini Blueberry Waffle 13 Banana & 100% Fruit Juice 1. Grilled Chicken Sandwich 2. Bosco Sticks 3. Assorted Deli Options Orange Glazed Carrots, Cucumber & Tomato Salad, Pineapple Chunks
Cereal & String Cheese 16 Apple Wedges & 100% Fruit Juice 1. Manager's Choice Entree 2. Cheeseburger 3. Turkey & Cheese Wrap Mixed Veggies, Tomato Wedges, Orange Wedges, Fruit Cocktail	Oatmeal Chocolate Benefit Bar 17 Raisins & 100% Fruit Juice 1. Beef Tacos 2. Mini Corndogs 3. Ham & Pepperoni Salad Roasted Carrots, Fresh Cauliflower, Banana, Diced Pears	Banana Breakfast Bread 18 Applesauce & 100% Fruit Juice 1. Manager's Choice Entree 2. Chicken Patty Sandwich 3. Muffin, Yogurt and Fruit Pack Corn, Celery Sticks, Apple Wedges, Peaches, Dessert	Apple Cinnamon Oat Round 19 Craisins & 100% Fruit Juice 1. Sloppy Joe Sandwich 2. Popcorn Chicken w/ Goldfish 3. Egg Chef Salad Baked Beans, Baby Carrots, Diced Pears, Applesauce	Trix Cereal Bar 20 Banana & 100% Fruit Juice 1. Fish Tacos 2. Cheese or Pepperoni Pizza 3. Assorted Deli Options Steamed Broccoli, Coleslaw, Diced Peaches, Mandarin Oranges
Cereal & String Cheese 23 Apple Wedges & 100% Fruit Juice 1. Country Fried Steak w/ Gravy 2. Cheeseburger 3. Turkey & Cheese Wrap Mixed Veggies, Tomato Wedges, Orange Wedges, Fruit Cocktail	Crunchmania 24 Raisins & 100% Fruit Juice 1. Orange Popcorn Chicken w/ Broccoli & Rice 2. Cheeseburger 3. Ham Chef Salad Peas, Baby Carrots, Diced Pears, Banana	Banana Chocolate Oat Round 25 Applesauce & 100% Fruit Juice 1. Manager's Choice Entree 2. Hotdog 3. Turkey & Cheese Wrap Pinto Beans, Apple Wedges, Diced Peaches, Dessert	Manager's Choice 26 Craisins & 100% Fruit Juice 1. Manager's Choice Entree 2. BBQ Riblet 3. Assorted Deli Options Assorted Vegetable Options, Assorted Fruit Options	27
30	31			

BECAUSE OF BLUE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, they also may offer anti-inflammatory and anti-viral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blackberries, and elderberries.

DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries in the cafeteria this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



BLUE POTATOES: Loaded with protein, fiber, & copper
Peak Season: Aug.-Sep.

BLUE TOMATOES: Hearty dose of anthocyanins, lycopene, & vitamin C
Peak Season: Jul.-Sep.



BLUE CORN:
Bursting with anthocyanin & protein
Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies. Check out our recipes for inspiration.



STRAWBERRY + KIWI + LIME



WATERMELON + CUCUMBER + MINT



ACE'S RECIPE OF THE MONTH:

BERRY YUMMY FRUIT SALAD*

Serves 6



INGREDIENTS:

- 1 1/2 cups raspberries
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries, hulled and halved
- 1 1/2 cups blackberries
- 1/4 cup honey
- 2 tablespoons lime juice
- 2 teaspoons poppy seeds
- Mint sprigs and lime wedges for garnish (optional)

PREPARATION:

1. Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
2. In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
3. Pour the honey mixture over the berries and toss gently to coat.
4. Serve immediately, or cover and refrigerate for up to four hours. Garnish with mint sprigs and lime wedges if desired.



*DO NOT attempt to cut or chop without adult supervision.