

# SEPTEMBER 2022

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

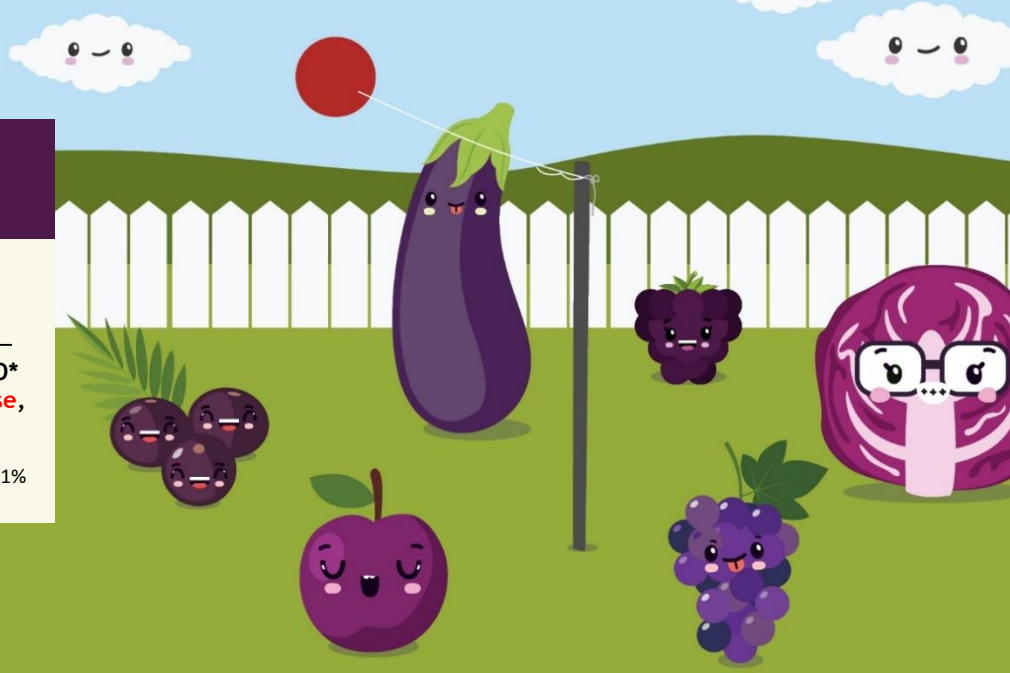
Choose breakfast entrée or Pick TWO\* of the following: cereal, string cheese, Pop Tart or yogurt.

Milk Offered Daily – 1% White, 1% Chocolate or 1% Strawberry

**ACE'S CORNER**

**Breakfast Prices**  
 Paid: \$1.50  
 Reduced: \$0.30  
 Adult: \$2.55

**Lunch Prices**  
 Paid: \$3.00  
 Reduced: \$0.40  
 Adult: \$4.75



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage & Gravy Biscuit 29 Apple & Diced Pears 1. BBQ Pulled Pork Sandwich 2. Ham & Cheese Sandwich 3. PB&J Sandwich Steamed Carrots, Fresh Broccoli	Cinnamon Toast Crunch Bar 30 Orange Wedges & Fruit Cocktail 1. Cheeseburger 2. Turkey & Cheese Sandwich 3. PB&J Sandwich Green Peas, Baby Carrots	Mini Cinnis 31 Apple Sauce & 100% Fruit Juice 1. Chicken Quesadilla 2. Ham & Cheese Sandwich 3. PB&J Sandwich Pinto Beans, Red Pepper Strips	Sausage Biscuit 1 Craisins & Banana 1. BBQ Riblet Sandwich 2. Turkey & Cheese Sandwich 3. PB&J Sandwich Green Beans, Celery Sticks	Powdered Sugar Donut Holes 2 Diced Peaches & 100% Fruit Juice 1. Cheese Pizza 2. Assorted Deli Options 3. PB&J Sandwich Collard Greens, Grape Tomatoes
<b>No School Labor Day</b> 5	<b>eLearning Day</b> 6	Jumbo Whole Grain Muffin 7 Mixed Berry Cup & Applesauce 1. Chicken Patty Sandwich 2. Turkey & Cheese Sandwich 3. PB&J Sandwich Steamed Broccoli, Cucumber Slices	Glazed Cinnamon Roll 8 Banana & Craisins 1. Grilled Cheese 2. Ham & Cheese Sandwich 3. PB&J Sandwich Tater Tots, Celery Sticks	Cinnamon Sugar Donut 9 Apple Slices & Diced Peaches 1. Chicken Tenders & CB Poppers 2. Assorted Deli Options 3. PB&J Sandwich Green Beans, Grape Tomatoes
Ham, Egg, Cheesy Tot Taco 12 Apple & Diced Pears 1. Mini Corn Dogs 2. Ham & Cheese Sandwich 3. PB&J Sandwich Buttered Corn, Tomato Wedges	Sausage & Gravy Biscuit 13 Orange Wedges & Fruit Cocktail 1. Chicken Mashed Potato Bowl 2. Turkey & Cheese Sandwich 3. PB&J Sandwich Mixed Veggies, Coleslaw	Cheesy Eggs & Buttered Toast 14 Applesauce & 100% Fruit Juice 1. BBQ Pulled Pork Sandwich 2. Ham & Cheese Sandwich 3. PB&J Sandwich Sweet Potato Fries, Fresh Broccoli	Sausage Biscuit 15 Craisins & Banana 1. Nacho Cheese Walking Taco 2. Turkey & Cheese Sandwich 3. PB&J Sandwich Kickin' Pinto Beans, Celery Sticks	Powdered Sugar Donut Holes 16 Apple Slices & Diced Peaches 1. Cheese/Pepperoni Pizza 2. Assorted Deli Options 3. PB&J Sandwich Steamed Broccoli, Red Peppers
Country Chicken Biscuit 19 Apple & Diced Pears 1. Harvest Grain Bowl 2. Ham & Cheese Sandwich 3. PB&J Sandwich Peas, Baby Carrots	Warm Cherry Frudel 20 Orange Wedges & Fruit Cocktail 1. Harvest Grain Bowl 2. Turkey & Cheese Sandwich 3. PB&J Sandwich Charro Black Beans, Red Peppers	Banana Breakfast Bread 21 Mixed Berry Cup & Applesauce 1. Chicken Nuggets & Goldfish 2. Ham & Cheese Sandwich 3. PB&J Sandwich Golden Corn, Cucumber Slices	Sausage Breakfast Pizza 22 Banana & Craisins 1. Corn dog 2. Turkey & Cheese Sandwich 3. PB&J Sandwich Green Beans, Fresh Broccoli	French Toast Sticks 23 Apple Slices & Diced Peaches 1. Bacon Cheeseburger 2. Assorted Deli Options 3. PB&J Sandwich Steamed Carrots, Fresh Cauliflower
Glazed Donut 26 Apple & Diced Pears 1. Cheesy Pull-A-Part 2. Turkey & Cheese Sandwich 3. PB&J Sandwich Mashed Potatoes, Grape Tomatoes	Waffle w/ Sausage Patty 27 Orange Wedges & Fruit Cocktail 1. Pork Carnita Tacos 2. Ham & Cheese Sandwich 3. PB&J Sandwich Baked Beans, Fresh Cauliflower	Cheesy Eggs & Buttered Toast 28 Applesauce & 100% Fruit Juice 1. Chicken Patty Sandwich 2. Turkey & Cheese Sandwich 3. PB&J Sandwich Mixed Veggies, Celery Sticks	Sausage Wrapped Pancake 29 Craisins & Banana 1. French Toast Sticks & Tky Sausage 2. Ham & Cheese Sandwich 3. PB&J Sandwich Green Beans, Baby Carrots	Jumbo Whole Grain Muffin 30 Apple Slices & Diced Peaches 1. Cheese/Pepperoni Pizza 2. Assorted Deli Options 3. PB&J Sandwich Steamed Broccoli, Coleslaw

# 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.