

APRIL 2023 New Washington Elementary

PBJ offered daily

Did you know?

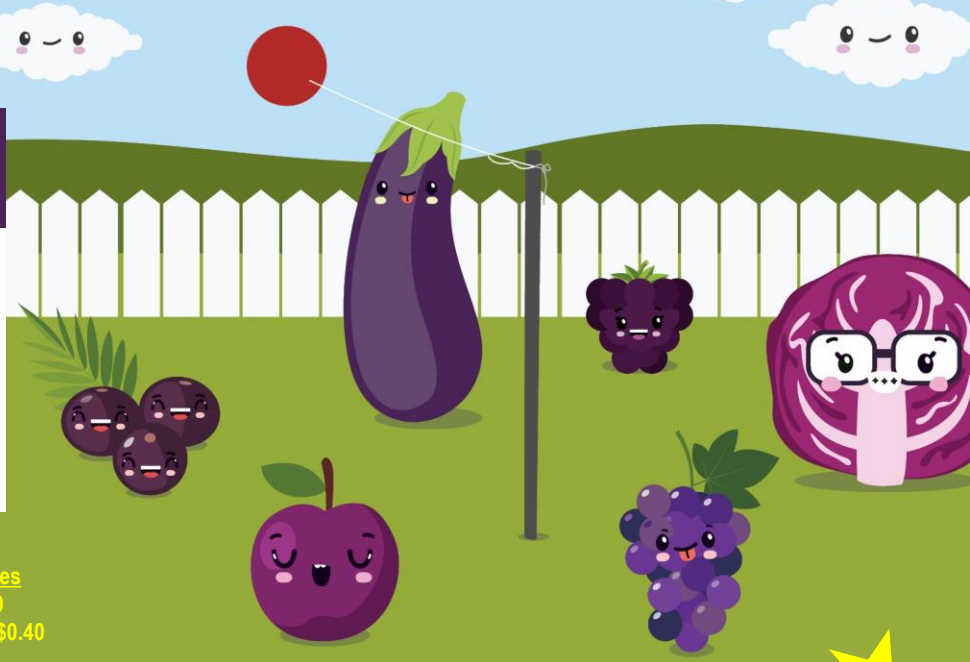
Milk is optional.

If your student does not like milk they do not have to take it.

Breakfast Prices **Lunch Prices**
 Paid: \$1.50 Paid: \$3.00
 Reduced: \$0.30 Reduced: \$0.40



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks 3 <hr/> Walking Taco Cheeseburger Black Beans Celery Sticks	Bacon Egg & Cheese Biscuit 4 <hr/> Chicken Alfredo & Breadstick Hot Dog Steamed Broccoli Italian Green Beans	Fruit & Yogurt Parfait 5 <hr/> Country Chicken Bowl Corn Dog Mashed Potatoes Grape Tomatoes	Sausage Egg Tot Taco 6 <hr/> Pizza Spicy or Reg Chicken Sandwich Buttery Carrots Cucumber Slices	Cocoa Puff Donut 7 <hr/> Chef's Choice Entrée Fish Sandwich French Fries Baby Carrots
Sausage Slider 10 <hr/> Veggie Salsa Burger Cheeseburger Campfire Pinto Beans Street Corn	Cinnamon Toast & Sausage 11 <hr/> ASIAN CHICKEN SALAD Hot Dog Ginger Orange Carrots Red Pepper Strips	Fruit & Yogurt Parfait 12 <hr/> Grilled Cheese Corn Dog Steamed Broccoli Baby Carrots	Breakfast Bagel 13 <hr/> Pizza Spicy or Reg Chicken Sandwich Roasted Zucchini Cucumber Slices	Cinnamon Roll 14 <hr/> Sloppy Joe Fish Sandwich French Fries Garden Salad
Chef's Choice Breakfast 17 <hr/> Chili Cheese Fries Cheeseburger Brown Sugar Carrots Cucumber Slices	Egg & Cheese Biscuit 18 <hr/> Salisbury Steak Hot Dog Mashed Potatoes Garden Salad	Fruit & Yogurt Parfait 19 <hr/> Carnita Frito Bowl Corn Dog Refried Beans Grape Tomatoes	Sausage Egg & Cheese English Muffin 20 <hr/> Pizza Spicy or Reg Chicken Sandwich Garlic Broccoli Baby Carrots	Lucky Charms Donut 21 <hr/> Pirate Burger Fish Sandwich French Fries Creamy Ranch Slaw
Blueberry Waffle 24 <hr/> Fish Tacos with Sriracha Slaw Cheeseburger Black Beans Corn Salad	Biscuits & Gravy 25 <hr/> Chicken Parmesan Hot Dog Steamed Broccoli Baby Carrots	Fruit & Yogurt Parfait 26 <hr/> Chicken Tot Bowl Corn Dog Green Beans Red Pepper Strips	Sausage Egg & Cheese Biscuit 27 <hr/> Pizza Spicy or Reg Chicken Sandwich Spicy Carrots Celery Sticks	Chocolate Glazed Donut 28 <hr/> Backyard Burger Fish Sandwich French Fries Garden Salad

WE ARE STILL HIRING

Work while the kids are in school

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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!



*DO NOT attempt cook or chop without adult supervision.

This institution is an equal opportunity provider.