

# APRIL 2023 Pleasant Ridge Elementary

## PBJ offered daily

**Did you know?**

*Milk is optional.*

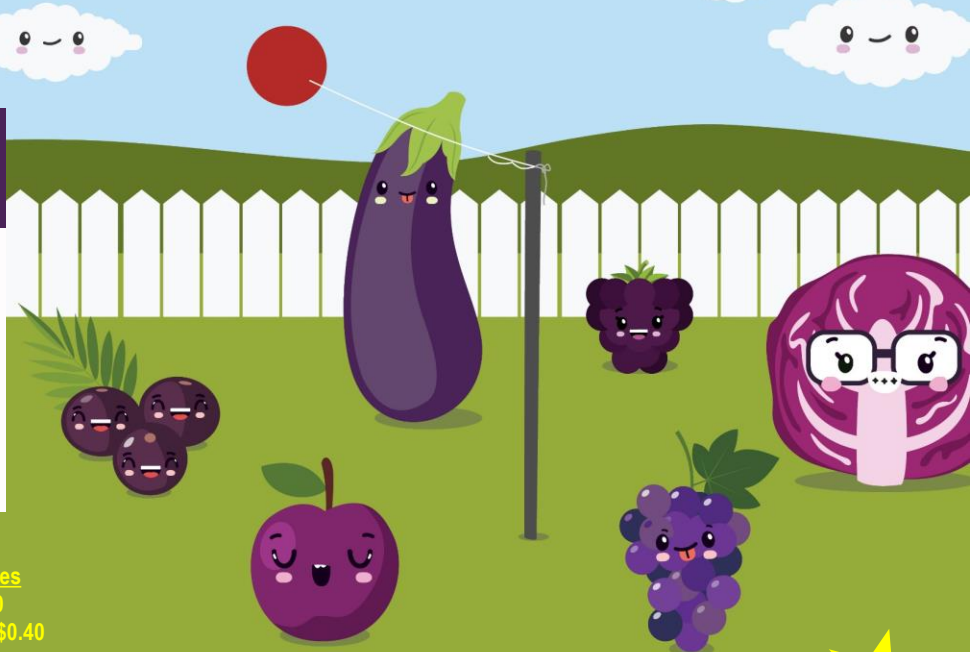
*If your student does not like milk they do not have to take it.*

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

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



ACE'S CORNER



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

**WE ARE STILL HIRING**

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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.