

# MAY 2023

## PBJ offered daily

Did you know? Milk is optional.

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



ACE'S CORNER



A selection of fresh fruits and vegetables are offered daily in addition to menu selections below

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pancake &amp; Sausage on a Stick</b> 1 <hr/> Popcorn Chicken w/ Cornbread Poppers Cheeseburger Sweet Potato Mash	<b>E-Learning Day</b> 2	<b>Fruit &amp; Yogurt Parfait</b> 3 <hr/> Chicken, Cheese & Rice Bowl Corn Dog Green Beans Kickin Pinto Beans	<b>Sausage, Egg &amp; Cheese Biscuit</b> 4 <hr/> Pizza Spicy or Regular Chicken Sandwich Green Peas	<b>Donut Holes</b> 5 <hr/> Chef's Choice Entrée Fish Sandwich French Fries Cajun Slaw
<b>Sausage Slider</b> 8 <hr/> Chicken Quesadilla Cheeseburger Campfire Pinto Beans Street Corn	<b>Cinnamon Toast &amp; Sausage</b> 9 <hr/> Steamed Dumplings with Lo Mein Hot Dog Orange Ginger Carrots	<b>Yogurt Parfait</b> 10 <hr/> Grilled Cheese Corn Dog Steamed Broccoli Baby Carrots	<b>Breakfast Bagel</b> 11 <hr/> Pizza Spicy or Regular Chicken Sandwich Roasted Zucchini	<b>Cinnamon Roll</b> 12 <hr/> BBQ Pork Sandwich Fish Sandwich French Fries Garden Salad
<b>Breakfast Pizza</b> 15 <hr/> Chili & Cheese Fries Cheeseburger Buttery Carrots	<b>Egg &amp; Cheese Biscuit</b> 16 <hr/> Salisbury Steak Hot Dog Mashed Potatoes Garden Salad	<b>Blueberry Parfait</b> 17 <hr/> Carnita Frito Bowl Corn Dog Refried Beans	<b>Sausage, Egg &amp; Cheese English Muffin</b> 18 <hr/> Pizza Spicy or Regular Chicken Sandwich Steamed Broccoli	<b>Donut</b> 19 <hr/> Chef's Choice Entrée Horseshoe Burger French Fries Ranch Slaw
<b>Blueberry Waffle</b> 22 <hr/> Fish Tacos with Sriracha Slaw Cheeseburger Black Beans Corn Salad	<b>Biscuits &amp; Gravy</b> 23 <hr/> Chicken Parmesan Hot Dog Steamed Broccoli Baby Carrots	<b>Yogurt Parfait</b> 24 <hr/> Chicken Tot Bowl Corn Dog Green Beans Red Pepper Strips	<b>Ham, Egg &amp; Cheese Toast</b> 25 <hr/> Pizza Spicy or Regular Chicken Sandwich Spicy Carrots	

We will be offering breakfast & lunch over the summer.

Please check our Facebook page: [Aramark Student Nutrition at Greater Clark Co Schools](#) for dates, locations and service times.

# REACH FOR THE STAR BERRIES!

Another name for blueberries is star berries. Native Americans gave them this name because their blossoms are shaped like a five-pointed star. Perfect on oatmeal, yogurt, and cereal, blueberries are one of the only naturally blue foods and they pack a lot of nutritional punch. Not only are blueberries low in calories—one cup of blueberries contains lots of antioxidants, 3.6 grams of fiber, and 25 percent of the recommended daily amount of vitamin C. Fresh-picked blueberries should always be dusty in color; this dusty substance known as bloom helps keep the berries fresh longer. The U.S. harvests the most blueberries in the world with 10 states growing 98 percent of U.S. blueberries: California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon, and Washington.



## DID YOU KNOW?

**BLUE FREEZE** Blueberries freeze in just four minutes!



## DYE-ING TO KNOW

Blueberries can be used as a natural food dye. Legend has it that early American colonists boiled them with milk to make gray paint.

## ACE'S JOKE OF THE MONTH



Q. HOW MANY BLUEBERRIES ARE IN A SLICE OF PI?

SEE ANSWER BELOW

## ACTIVITY: FLOAT OR FLOATIE?

Depending on their density, some fruits float, while others sink! Circle the three fruits that will sink and need to use a floatie.

SEE ANSWER BELOW



WATERMELON



LEMON



APPLE



AVOCADO



BANANA



MANGO



LIME

