

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
Pancake & Sausage on a Stick 1 <hr/> Popcorn Chicken w/ Cornbread Poppers Cheeseburger Sweet Potato Mash	E-Learning Day 2	Donuts 3 <hr/> Chicken, Cheese & Rice Bowl Corn Dog Green Beans Kickin Pinto Beans	Cereal 4 <hr/> Pizza Spicy or Regular Chicken Sandwich Green Peas	Benefit Bar 5 <hr/> Chef's Choice Entrée Fish Sandwich French Fries Cajun Slaw
Cinnimini 8 <hr/> Chicken Quesadilla Cheeseburger Campfire Pinto Beans Street Corn	Breakfast Bagel 9 <hr/> Steamed Dumplings with Lo Mein Hot Dog Orange Ginger Carrots	Cereal 10 <hr/> Grilled Cheese Corn Dog Steamed Broccoli Baby Carrots	Pop-Tart 11 <hr/> Pizza Spicy or Regular Chicken Sandwich Roasted Zucchini	Benefit Bar 12 <hr/> BBQ Pork Sandwich Fish Sandwich French Fries Garden Salad
Cinnamon Soft Bar 15 <hr/> Chili & Cheese Fries Cheeseburger Buttery Carrots	Maple Waffle 16 <hr/> Salisbury Steak Hot Dog Mashed Potatoes Garden Salad	Benefit Bar 17 <hr/> Carnita Frito Bowl Corn Dog Refried Beans	Pop-Tart 18 <hr/> Pizza Spicy or Regular Chicken Sandwich Steamed Broccoli	Cereal 19 <hr/> Chef's Choice Entrée Horseshoe Burger French Fries Ranch Slaw
Blueberry Waffle 22 <hr/> Fish Tacos with Sriracha Slaw Cheeseburger Black Beans Corn Salad	Cereal 23 <hr/> Chicken Parmesan Hot Dog Steamed Broccoli Baby Carrots	Breakfast Bar 24 <hr/> Chicken Tot Bowl Corn Dog Green Beans Red Pepper Strips	Cinnimini 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

