

SEPTEMBER 2023

PB&J available daily

A selection of fresh and frozen fruits & vegetables offered daily



ACE'S CORNER

Breakfast Prices
Paid: \$1.75
Reduced: \$0.30

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



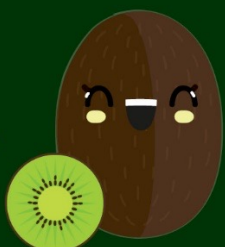
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cinnamon Chip Scone Yogurt Parfait Pizza Fish Sandwich Baja Salad
4 NO School	5 No School	6 WAFFLEY WEDNESDAY Chocolate or Plain Waffles Walking Taco Cheeseburger Ham & Cheese Sandwich	7 Chocolate Chip Donut Spicy Chicken Sandwich Corn Dog Make Your Own Bagel Pizza	8 Ham & Cheese Maple Flatbread Yogurt Parfait Pizza Fish Sandwich Popcorn Chicken Salad
11 Cinnamon Raisin Bagel Chicken Patty Sliders Hot Dog Chef Salad	12 Apple Cinnamon Square Spaghetti & Meatballs Chicken Tender Basket Make Your Own Bagel Pizza	13 Sausage Cheese English Muffin Chipotle Cheesy Bean Nachos Cheeseburger Turkey & Cheese Sandwich	14 Blueberry Muffin Top French Toast & Sausage Corn Dog Popcorn Chicken Salad	15 Mixed Berry Scone Yogurt Parfait Pizza Fish Sandwich Pizza Salad
18 Breakfast Pizza NATIONAL CHEESEBURGER DAY Waffle Fry Cheeseburger Hot Dog Turkey & Cheese Sub	19 Chicken Snack Wrap Beef Nachos Chicken Tender Basket Make Your Own Flatbread Pizza	20 Ham & Cheese Biscuit Popcorn Chicken Bowl Cheeseburger Turkey Chef Salad	21 Cheesy Egg Tot Burrito ASIAN INSPIRED CUISINE Steamed Dumplings & Rice Cheese Pizzadilla Asian Chicken Salad	22 Pancake Bites Yogurt Parfait Pizza Fish Sandwich Ham & Cheese Sandwich
25 Blueberry Square Beef Soft Tacos Hot Dog Chicken Salad	26 Cheesy Breakfast Sandwich Meatloaf Cheeseburger Chicken Tender Basket Ham & Cheese Sandwich	27 Sausage English Muffin Pancake & Sausage Cheeseburger Pizza Salad	28 Chicken Biscuit Orange Chicken & Rice Corn Dog Make Your Owen Pizza	29 Orange Cinnamon Roll Yogurt Parfait Pizza Fish Sandwich Chef Salad

GREEN MACHINE

Great for the body and mind, most green fruits and veggies—including avocados, spinach, celery, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER: KIWI

Look out for sweet and tangy kiwi this month. In season late September to early November, kiwi is packed with vitamins, antioxidants, and fiber.



BROCCOLI: Loaded with vitamins, protein, & iron
Peak Season: Oct. – Apr.

CUCUMBERS: Low calorie, hydrating, & packed with phytonutrients
Peak Season: May – Aug.



GRANNY SMITH APPLE:
Bursting with vitamins A, B, C, E, & K, plus fiber
Peak Season: Oct. – Nov.

CHALLENGE OF THE MONTH: EAT YOUR GREENS

Starting with your favorite leafy greens, draw your very own salad recipe! Remember, adding a variety of colorful produce is beneficial to your health. Bonus points for bringing your ideal salad to life at home*.



SPINACH



ROMAINE



KALE



ARUGULA



MANGOLD



ICEBERG
LETTUCE



ACE'S RECIPE OF THE MONTH:

GREAT GREENS SPINACH AND GREEN APPLE SALAD*

Serves 4

INGREDIENTS:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 pinch of salt and pepper
- 5 cups of baby spinach
- 1 Granny Smith apple
- 1/3 cup of chopped walnuts

PREPARATION:

1. Ask an adult to toast the walnut pieces in a dry skillet over a medium-high heat until fragrant, about 2 minutes.
2. In a small bowl, whisk together the oil, vinegar, and mustard. Season with salt and pepper to taste.
3. Toss the spinach with the dressing until evenly coated.
4. Ask an adult to core and cut the Granny Smith apple into small cubes.
5. Top the salad with the apple pieces and chopped walnuts.
6. Enjoy!

***DO NOT attempt to chop ingredients or cook without adult supervision.**