

# MAY 2024

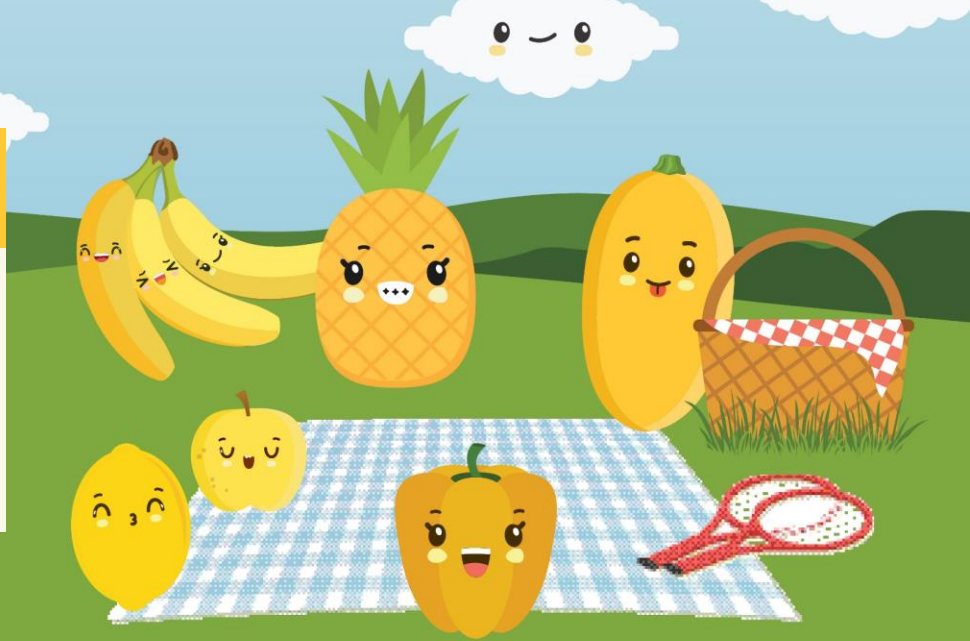
**PB & J offered at Lunch Daily.**  
**A variety of fresh, frozen and canned fruit are offered at breakfast and lunch.**

**Additional Grab & Go items are available for breakfast daily, including Yogurt Parfaits on Wednesdays.**



### ACE'S CORNER

<u>Breakfast Prices</u>	<u>Lunch Prices</u>
Paid: \$1.75	Paid: \$3.00
Reduced: \$0.30	Reduced: \$0.40



To apply for Free/ Reduced Breakfast and Lunch visit [gccschools.com](http://gccschools.com)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				Cheesy Egg & Ham Toast Yogurt Parfait	1	Sausage Pancake Bites	2		3
				Waffles & Sausage Cheeseburger Turkey Chef Salad Roasted Zucchini Green Peppers		Chicken Quesadilla Corndog Ham & Cheese Sub Buttery Corn Cauliflower		<b>NO SCHOOL</b>	
<b>Manager Choice Breakfast</b>	6		7	Pancake Sausage Wrap Yogurt Parfait	8	Glazed Donut	9	Ham & Cheese Maple Flatbread	10
<b>Manager Choice Lunch</b> Hot Dog Turkey & Cheese Sub Rainbow Mix Grape Tomatoes		<b>NO SCHOOL</b>		Walking Taco Cheeseburger Ham & Cheese Sub Kickin' Pinto Beans Fresh Zucchini		Chicken Sandwich Spicy Chicken Sandwich Corndog MYO Flatbread Pizza Corn Celery Sticks		Pizza Fish Sandwich Popcorn Chicken Salad Orange Glazed Carrots Spinach Side Salad	
Cinnamon Raisin Bagel	13	Ham & Cheese Biscuit	14	Cinna-Sugar Poppers Yogurt Parfait	15	Blueberry Muffin Top	16	Mixed Berry Scone	17
Chicken Alfredo w/roll Hot Dog Turkey Chef Salad Green Beans Baby Carrots		Meatloaf & Roll Chicken Basket MYO Flatbread Pizza Mashed Potatoes Red Pepper Strips		Tropical Chicken Bowl Cheeseburger Turkey & Cheese Bagel Peas & Carrots Edamame		Berry French Toast & Sausage Corndog Popcorn Chicken Salad Corn Celery Sticks		Pizza Fish Sandwich Pizza Salad Steamed Broccoli Spinach Side Salad	
<b>Manager Choice Breakfast</b>	20	Chicken Snack Wrap	21	Apple Cinnamon Square Yogurt Parfait	22	Cheesy Egg & Tot Burrito	23	Pancake Bites	24
<b>Manager Choice Lunch</b> Hot Dog Turkey & Cheese Sub Roasted Cauliflower Celery Sticks		Beef Nachos Chicken Basket MYO Flatbread Pizza Black Beans Baby Carrots		Popcorn Chicken Bowl Cheeseburger Turkey Chef Salad Mashed Potatoes Red Pepper Strips		Spaghetti & Meatballs Cheese Pizzadilla Popcorn Chicken Salad Steamed Broccoli Cucumber		<b>Bacon Cheeseburger</b> Pizza Ham & Cheese Sub Rainbow Blend Grape Tomatoes	



# YELLOW WORLD

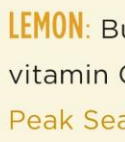
Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include corn, yellow tomatoes, garbanzo beans, bananas, yellow peppers, and egg yolks.

## DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



**PINEAPPLE:** Brimming with vitamin C, calcium, & iron  
Peak Season: Apr.-May



**LEMON:** Bursting with fiber, vitamin C, & potassium  
Peak Season: Nov.-Mar.



**STARFRUIT:** Full of protein, vitamins, & minerals  
Peak Season: Aug.-Sep.

## CHALLENGE OF THE MONTH: EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! See below for some flavorful suggestions.



STRAWBERRY, BEET,  
SPINACH, APPLE JUICE



PINEAPPLE, BANANA,  
COCONUT MILK, SPINACH



MANGO, ORANGE JUICE,  
CARROT JUICE



## ACE'S RECIPE OF THE MONTH:



### PINEAPPLE COBLER\*

Serves 8

#### INGREDIENTS:

- 1 cup all-purpose flour
- 1 pinch of salt
- 1 cup sugar
- 1 tablespoon baking powder
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/4 lb.) unsalted butter, melted
- 1 can (20 oz.) pineapple chunks in juice, drained
- Vanilla ice cream or whipped cream (optional)

#### PREPARATION:

1. Preheat oven to 375°F. In a bowl, mix flour, salt, sugar, baking powder, milk, and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
2. Spread a very thin layer of batter evenly in a 9x13" baking dish and scatter pineapple chunks evenly over batter.
3. Bake 25 minutes or until pineapple has fallen to bottom of pan and top is puffed, golden brown, and springs back slightly when touched in middle. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

**\*DO NOT attempt cook or chop without adult supervision.**