

AUGUST 2024

PB&J offered at lunch daily.
Additional breakfast items are available including Yogurt Parfaits on Wednesdays.

Additional Fruits and Vegetables offered daily.

ACE'S CORNER

Breakfast Prices

Paid: \$1.75

Reduced: \$0.30

Lunch Prices

Paid: \$3.00

Reduced: \$0.40

To apply for Free & Reduced Breakfast and Lunch visit:
www.gccschools.com



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						Turkey Sausage Bagel Spaghetti & Meatballs Corn dog Popcorn Chicken Salad Steamed Broccoli Cucumber	1	Maple Bacon Donut Pizza Fish Sandwich Ham & Cheese Sub Side Salad Grape Tomatoes	2
Bosco Stick Chicken Parmesan Flatbread Hot Dog Turkey & Cheese Bagel Buttery Corn Baby Carrots	5	Blueberry Square Watchos (Waffle Nachos) Chicken Basket MYO Flatbread Pizza French Fries Celery Sticks	6	Sausage & Cheese English Muffin Waffles & Sausage Cheeseburger Turkey Chef Salad Steamed Carrots Cole Slaw	7	Chicken Biscuit Orange Chicken & Rice Corn dog Popcorn Chicken Salad Roasted Broccoli Edamame	8	Iced Cinnamon Roll Pizza Fish Sandwich Ham & Cheese Sub Buttered Peas Red Pepper Sticks	9
Bacon, Egg & Cheese Flatbread Egg Roll & Fried Rice Veggie Burger Turkey Cheese Bagel Steamed Broccoli Cucumber Slices	12	Cinnamon Biscuit Backyard Burger Chicken Basket MYO Flatbread Pizza Kickin Pinto Beans Baby Carrots	13	Grilled Ham & Cheese BBQ Pork Sandwich Cheeseburger Turkey Chef Salad Roasted Zucchini Green Peppers	14	Pancake Bites Cheese Quesadilla Corn dog Popcorn Chicken Salad Buttery Corn Cauliflower	15	Cinnamon Chip Scone Pizza Fish Sandwich Ham & Cheese Sub Roasted Carrots Side Salad	16
Banana Chocolate Square Chicken Alfredo & Ripstick Hot Dog Turkey Cheese Bagel Green Beans Grape Tomatoes	19	Bacon, Egg & Cheese Biscuit BBQ Riblet Chicken Basket MYO Flatbread Pizza French Fries Broccoli	20	Blueberry Muffin Top Walking Taco Cheeseburger Turkey Chef Salad Campfire Pinto Beans Fresh Zucchini	21	Glazed Donut Regular or Spicy Chicken Sandwich Corn dog Popcorn Chicken Salad Corn Celery Sticks	22	Ham & Cheese Flatbread Pizza Fish Sandwich Ham & Cheese Sub Orange Glazed Carrots Spinach Side Salad	23
Breakfast Pizza Carnitas Taco Hot Dog Turkey & Cheese Bagel Corn Baby Carrots	26	Ham & Cheese Biscuit Meatloaf & Roll Chicken Basket MYO Flatbread Pizza Mashed Potatoes Red Pepper Strips	27	Cinna-Sugar Poppers Dumplings & Fried Rice Cheeseburger Turkey Chef Salad Peas & Carrots Edamame	28	Pancake Sausage Stick French Toast & Sausage Corn dog Popcorn Chicken Salad Green Beans Celery Sticks	29	Mixed Berry Scone Pizza Fish Sandwich Ham & Cheese Sub Side Salad Grape Tomatoes	30



EATING THE RAINBOW

A colorful variety on your plate is more than just a feast for the eyes; it's a good choice nutritionally. You might remember learning about Roy G. Biv—red, orange, yellow, green, blue, indigo, and violet—an acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Each color signals a range of health benefits that we will explore together.

DIG IN WITH MONTHLY DISCOVERIES

Be sure to check out each month's Discover spotlight to try a vibrant fruit or veggie that showcases the delicious potential of nature's bounty.



CHALLENGE OF THE MONTH: GARDEN YOGA

Yoga is a great way to stretch and be mindful of your body and the world around you. Be sure to take deep breaths in each pose.



BE A FROG

Lower down into a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



BE A TREE

Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Repeat with other leg.



BE A BUTTERFLY

Sit with your spine straight. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

ACE'S RECIPE OF THE MONTH:



RAINBOW FLATBREAD PIZZA*

INGREDIENTS:

- 1 package (2 pieces) of Stonefire naan
- 1/2 cup of pizza sauce
- 1/2 cup of shredded Mozzarella cheese
- 4 cups of chopped colorful veggies (such as broccoli, green peppers, yellow peppers, grape tomatoes, and thinly sliced purple potatoes)
- 2 tsp. of olive oil
- 1 tsp. of Italian seasonings

PREPARATION:

1. Preheat the oven to 425°F and put both naan pieces side by side on the baking sheet. Use a spoon to evenly spread the pizza sauce between the two.
2. Sprinkle the cheese on top of the sauce and layer the veggies in a rainbow pattern on top of the cheese.
3. Drizzle a bit of olive oil on each and then sprinkle on Italian seasoning.
4. Bake for about 20 minutes, or until veggies are cooked and the crust is slightly golden. Wait a few minutes for it to cool and enjoy!

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