



# APRIL 2024

**Breakfast & lunch are FREE  
for all students!**

**A selection of a la carte items are  
available for purchase in the  
cafeteria during lunch.**



ACE'S CORNER

Offered Daily at Lunch –

C. Soybutter & Jelly Sandwich Meal

D. Cheese Sandwich

Hot vegetable or fruit is written in green.

Visit the fresh fruit & vegetable bar available daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>No School</b> <b>Spring Break</b> <b>1</b>	<b>Pop-Tart</b> <b>Chocolate Tiger Bite Crackers</b> <b>Fruit Cup</b> <b>2</b> A. Mozzarella Cheese Sticks & Marinara Sauce B. Strawberry Yogurt Parfait with Granola <b>Steamed Baby Carrots</b>	<b>Lemon Bread Slice</b> <b>Applesauce Cup</b> <b>3</b> A. Cheeseburger on a WG Bun B. Chicken Ham & Cheese Sub <b>Baked Beans</b>	<b>Mini Maple Waffles</b> <b>Fresh Pear</b> <b>4</b> A. Breakfast Burrito B. Turkey Chef Salad & Dinner Roll <b>Tater Tots</b> <b>National Burrito Day!</b>	<b>Glazed Donut</b> <b>Strawberry Craisins</b> <b>5</b> A. All Beef Pepperoni Calzone B. Popcorn Chicken Salad & Dinner Roll <b>Roasted Cauliflower</b>
<b>Cereal Bowl</b> <b>Tiger Bite Crackers</b> <b>Apple Slices</b> <b>8</b> A. All Beef Hot Dog B. Egg Chef Salad & Dinner Roll <b>Potato Wedge Fries</b>	<b>Banana Chocolate Chunk</b> <b>BeneFIT Bar</b> <b>Raisins</b> <b>9</b> A. Rotini with Meatballs & a Breadstick B. Chicken Salad Sub <b>Green Beans</b>	<b>Bagel &amp; Cream Cheese</b> <b>Applesauce Cup</b> <b>10</b> A. French Toast Sticks & Turkey Sausage Patties B. Fruit & Yogurt Plate <b>Warm Cinnamon Apples</b>	<b>Apple Frudel</b> <b>Banana</b> <b>11</b> A. Bosco Cheese Sticks & Marinara Sauce B. Popcorn Chicken Salad & Dinner Roll <b>Three Bean Salad</b>	<b>Mini Confetti Pancakes</b> <b>Strawberry Craisins</b> <b>12</b> A. Cheese Pizza (Round) B. Yogurt & Cheese Lunch Pack <b>Carrot Coins</b>
<b>Cereal Bar</b> <b>Graham Crackers</b> <b>Apple Slices</b> <b>15</b> A. Mini Chicken Corn Dogs B. Turkey & Cheese Sub <b>Baked Beans</b>	<b>Mini Waffles</b> <b>Fruit Cup</b> <b>16</b> A. Chicken Tenders & Dinner Roll B. Chicken Caesar Salad & Dinner Roll <b>Diced Carrots</b>	<b>Nutri-Grain Bar</b> <b>Cheese Cubes</b> <b>Banana</b> <b>17</b> <b>National Banana Day!</b> A. Popcorn Chicken Bowl B. Turkey Chef Salad & Dinner Roll <b>Sweet Golden Corn</b>	<b>UBR Cinnamon Breakfast</b> <b>Round Raisins</b> <b>18</b> A. Fiery Jalapeno Cheddar Burger B. Apple, Yogurt & Cheese Plate & Dinner Roll <b>Crinkle Cut French Fries</b> <b>Limited Time Menu Item</b>	<b>French Toast BeneFIT Bar</b> <b>Apple</b> <b>19</b> A. Crazy Cheesy Bread B. Chicken Ham & Cheese Sub <b>Rainbow Vegetable Blend</b>
<b>Cereal Bowl</b> <b>Cheez-It Crackers</b> <b>Apple Slices</b> <b>22</b> A. Cheese Quesadilla B. Mediterranean Veggie, Grape & Hummus Platter <b>Chipotle Campfire Beans</b> <b>Turn in your Earth Day art work!</b>	<b>Lemon Bread Slice</b> <b>Fresh Pear</b> <b>23</b> A. Chicken Patty Sandwich B. Diced Chicken Salad & Dinner Roll <b>Tater Tots</b>	<b>Mini Cream Cheese Bagels</b> <b>Applesauce Cup</b> <b>24</b> A. Mini Pancakes & Turkey Sausage Links B. Italian Salad & Dinner Roll <b>Warm Cinnamon Peaches</b>	<b>Pop-Tart</b> <b>Yogurt Cup</b> <b>Banana</b> <b>25</b> A. Beef Nachos B. Turkey & Cheese Sandwich <b>Sweet Golden Corn</b>	<b>Blueberry Bread Slice</b> <b>Strawberry Craisins</b> <b>26</b> A. French Bread Cheese Pizza B. Egg Chef Salad & Dinner Roll <b>Steamed Cauliflower</b>
<b>Cereal Bar</b> <b>Tiger Bite Crackers</b> <b>Raisins</b> <b>29</b> A. Sweet & Sour Chicken with Egg Roll B. Chicken Ham Chef Salad <b>Steamed Broccoli</b>	<b>Oatmeal Chocolate Chip</b> <b>BeneFIT Bar</b> <b>Fruit Cup</b> <b>30</b> A. Bacon Cheeseburger B. Popcorn Chicken Salad & Dinner Roll <b>Baked Beans</b>		<b>Enter to win a pizza party for your class!</b> <b>On Earth Day, Monday 4/22 turn in your best Earth Day art work (on a standard size sheet of paper) to the cafeteria during lunch! We will select one winner from each school to have a pizza party with their class in May. Anyone who turns in art work will also get a chocolate chip cookie with their lunch!</b>	

# JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, 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

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



### CELERY:

Filled with vitamins, fiber, & antioxidants  
Peak Season: Apr. – Dec.

### SPINACH:

Hearty dose of protein, calcium, & potassium  
Peak Season: Mar – Jun.



### AVOCADO:

Packed with vitamins, phytonutrients, & minerals  
Peak Season: Apr. – Mar.

## CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE



## ACE'S RECIPE OF THE MONTH:

### THAI COCONUT & BROCCOLI SOUP\*

Serves 4

#### INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

#### PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

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