

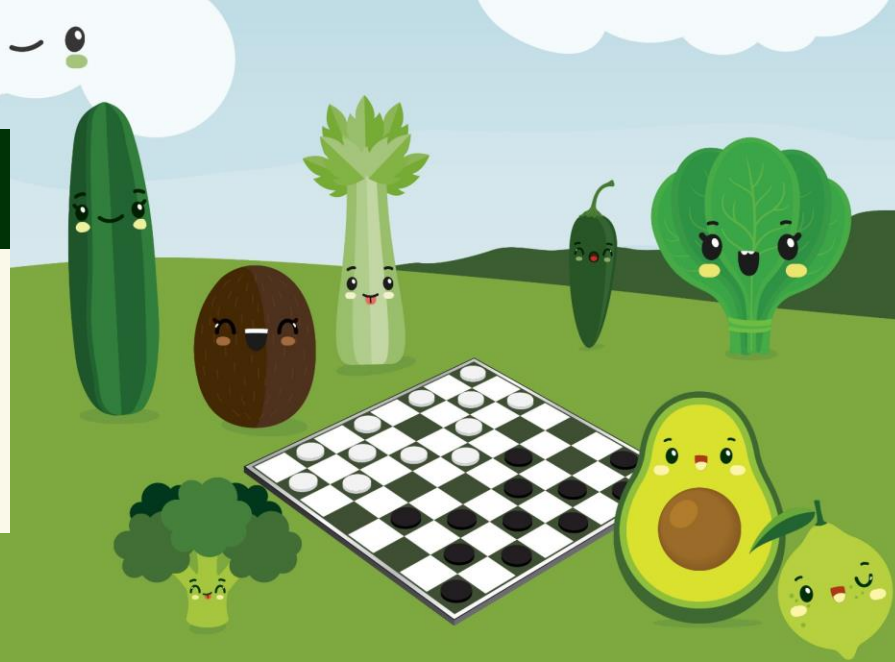
APRIL 2025

One complete breakfast and lunch is FREE daily for each student!

Breakfast & lunch include your choice of 1% or fat free flavored or unflavored milk.



ACE'S CORNER

****Menus are subject to change.**



Soybutter & Jelly Sandwich Meal & Cheese Sandwich are offered at lunch daily.

The fresh fruit & vegetable bar is available daily with all entrée choices!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mini Maple Pancakes 1 Peach Cup & 100% Fruit Juice <hr/> A. Popcorn Chicken Bowl B. Breaded Chicken Caesar Salad & Dinner Roll Steamed Broccoli	Pumpkin Bread Slice 2 Apple Slices & 100% Fruit Juice <hr/> A. Beef Nachos B. Pretzel, Yogurt & Cheese Pack Refried Beans	Chocolate Chip UBR Bar 3 Banana & 100% Fruit Juice <hr/> A. Breakfast Burrito with Turkey Sausage, Egg & Cheese B. Turkey Chef Salad & Dinner Roll Tater Tots 	French Toast BeneFit Bar 4 Strawberry Craisins & 100% Fruit Juice <hr/> A. French Bread Cheese Pizza B. Apple, Yogurt & Cheese Plate Rainbow Vegetable Blend
Cereal & Chocolate Tiger Bites 7 Apple Slices & 100% Fruit Juice <hr/> A. Cheese Quesadilla B. Turkey Ham & Cheese Sandwich Black Beans	Blueberry Bread Slice 8 Applesauce Cup & 100% Fruit Juice <hr/> A. Chicken Patty Sandwich B. Italian Salad & Dinner Roll Tater Tots	Strawberry Nutri-Grain Bar & Cheese Cubes 9 Strawberry Fruit Cup & 100% Fruit Juice <hr/> A. Mini Pancakes & Scrambled Eggs B. Apple, Yogurt & Cheese Plate Warm Cinnamon Peaches	Banana Bread Slice 10 Banana & 100% Fruit Juice <hr/> A. Turkey & Apple Melt B. Turkey & Cheese Sandwich Sweet Golden Corn 	Mini Strawberry Cream Cheese 11 Bagels Raisins & 100% Fruit Juice <hr/> A. Personal Pan Cheese Pizza B. Make Your Own Pepperoni Pizza Bagel Steamed Broccoli
Cereal & Cheez-It Crackers 14 Apple Slices & 100% Fruit Juice <hr/> A. Chicken Alfredo & Dinner Roll B. Turkey Ham & Cheese Sandwich Steamed Broccoli	Oatmeal Chocolate Chip BeneFIT Bar 15 Peach Cup & 100% Fruit Juice <hr/> A. Cheeseburger on a Bun B. Popcorn Chicken Salad & Dinner Roll Waffle Fries	Powdered Sugar Mini Donuts 16 Applesauce Cup & 100% Fruit Juice <hr/> A. Beef Soft Tacos B. Pretzel, Yogurt & Cheese Pack Sweet Golden Corn	Cereal Bar & Yogurt Cup 17 Banana & 100% Fruit Juice <hr/> A. Waffles & Turkey Sausage Links with Syrup B. Turkey Ham Chef Salad & Dinner Roll Orange Glazed Carrots	No School Good Friday 18
Cereal & Tiger Bites 21 Apple Slices & 100% Fruit Juice <hr/> A. Hot Dog on a Bun B. Turkey & Cheese Sub Baked Beans	Mini Cinnis 22 Applesauce Cup & 100% Fruit Juice <hr/> A. Veggie Burger B. Breaded Chicken Caesar Salad & Dinner Roll Roasted Baby Carrots Dirt Pudding! 	Lemon Bread Slice 23 Berry Fruit Cup & 100% Fruit Juice <hr/> A. Chicken Tenders & Dinner Roll B. Pretzel, Yogurt & Cheese Pack Tater Tots	Trix Mini French Toast 24 Banana & 100% Fruit Juice <hr/> A. Sweet & Sour Popcorn Chicken & Rice B. Turkey Chef Salad & Dinner Roll Steamed Broccoli	Celebration BeneFIT Bar 25 Strawberry Craisins & 100% Fruit Juice <hr/> A. Pepperoni Pizza Slice B. Popcorn Chicken Salad & Dinner Roll Rainbow Vegetable Blend
Cereal & Tiger Bites 28 Apple Slices & 100% Fruit Juice <hr/> A. Crispy Fish Sticks & Cheez-It Crackers B. Apple, Yogurt & Cheese Plate French Fries	Bagel with Cream Cheese 29 Strawberry Fruit Cup & 100% Fruit Juice <hr/> A. Chicken Dumplings & Egg Fried Rice B. Turkey & Cheese Sandwich Peas & Carrots	Banana Chocolate Chunk BeneFit Bar 30 Applesauce Cup & 100% Fruit Juice <hr/> A. Bosco Cheese Sticks & Marinara Sauce B. Pretzel, Yogurt & Cheese Pack Sweet Golden Corn		

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.**