

AUGUST/SEPTEMBER 2024

Please complete an Education Benefits Form by visiting fraser.familyportal.cloud.

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



ACE'S CORNER

**Menus are subject to change.

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

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	
Afternoon Half Day No Breakfast or Lunch	26	Bagel with Cream Cheese Strawberry Fruit Cup & 100% Fruit Juice	27	Banana Chocolate Chunk BeneFIT Bar Applesauce Cup & 100% Fruit Juice	28	Apple Frudel Banana & 100% Fruit Juice	29	No School Labor Day	30
		A. Chicken Tenders & Ripstick B. Turkey & Cheese Sandwich <i>Sweet Golden Corn</i>		A. Chicken Dumplings & Egg Fried Rice B. Apple, Yogurt & Cheese Plate <i>Peas & Carrots</i>		A. French Toast Sticks & Turkey Sausage Patties with Syrup B. Popcorn Chicken Salad & Dinner Roll <i>Warm Cinnamon Apples</i>			
No School Labor Day	2	Cereal & Graham Crackers Peach Cup & 100% Fruit Juice	3	Pumpkin Bread Slice Applesauce Cup & 100% Fruit Juice	4	Chocolate Chip UBR Bar Banana & 100% Fruit Juice	5	French Toast BeneFIT Bar Strawberry Craisins & 100% Fruit Juice	6
		A. Beef Nachos B. Breaded Chicken Caesar Salad & Dinner Roll <i>Refried Beans</i>		A. Popcorn Chicken Bowl B. Pretzel, Yogurt & Cheese Pack <i>Steamed Broccoli</i>		A. Macaroni n' Cheese & Dinner Roll B. Turkey Chef Salad & Dinner Roll <i>Sliced Carrots</i>		A. French Bread Cheese Pizza B. Apple, Yogurt & Cheese Plate <i>Rainbow Vegetable Blend</i>	
Cereal & Chocolate Tiger Bites Apple Slices & 100% Fruit Juice	9	Blueberry Bread Slice Strawberry Fruit Cup & 100% Fruit Juice	10	Strawberry Nutri-Grain Bar & Cheese Cubes Applesauce Cup & 100% Fruit Juice	11	Banana Bread Slice Banana & 100% Fruit Juice	12	Mini Strawberry Cream Cheese Bagels Raisins & 100% Fruit Juice	13
A. Cheese Quesadilla B. Italian Salad & Dinner Roll <i>Black Beans</i>		A. Chicken Patty Sandwich B. Turkey Ham & Cheese Sandwich <i>Tater Tots</i>		A. Waffles with Syrup & Scrambled Eggs B. Apple, Yogurt & Cheese Plate <i>Warm Cinnamon Peaches</i>		A. Beef Soft Tacos B. Turkey & Cheese Sandwich <i>Sweet Golden Corn</i>		A. Personal Pan Cheese Pizza B. Make Your Own Pepperoni Pizza Bagel <i>Steamed Broccoli</i>	
Cereal & Cheez-It Crackers Apple Slices & 100% Fruit Juice	16	Oatmeal Chocolate Chip BeneFIT Bar Peach Cup & 100% Fruit Juice	17	Powdered Sugar Mini Donuts Applesauce Cup & 100% Fruit Juice	18	Cereal Bar & Yogurt Cup Banana & 100% Fruit Juice	19	Cinnamon UBR Bar Strawberry Craisins & 100% Fruit Juice	20
A. Popcorn Chicken with LoMein Noodles B. Turkey Ham Chef Salad & Dinner Roll <i>Steamed Broccoli</i>		A. Chicken Katsu Bowl B. Popcorn Chicken Salad & Dinner Roll <i>Mixed Vegetables</i>		A. Cheeseburger on a Bun with Pickles & Signature Sauce B. Pretzel, Yogurt & Cheese Pack <i>Waffle Fries</i>		A. Panakes & Turkey Sausage Links with Syrup B. Turkey Ham & Cheese Sandwich <i>Orange Glazed Carrots</i>		A. Pepperoni Pizza Slice B. Breaded Chicken Caesar Salad & Dinner Roll <i>Green Beans</i>	
Cereal & Tiger Bites Apple Slices & 100% Fruit Juice	23	Mini Cinnis Berry Fruit Cup & 100% Fruit Juice	24	Lemon Bread Slice Applesauce Cup & 100% Fruit Juice	25	Trix Mini French Toast Banana & 100% Fruit Juice	26	Celebration BeneFIT Bar Strawberry Craisins & 100% Fruit Juice	27
A. Crispy Fish Sticks & Cheez-It Crackers B. Turkey & Cheese Sub <i>French Fries</i>		A. Bosco Cheese Sticks & Marinara Sauce B. Breaded Chicken Caesar Salad & Dinner Roll <i>Roasted Baby Carrots</i>		A. Nacho Cheese Walking Taco B. Pretzel, Yogurt & Cheese Pack <i>Kickin' Pinto Beans</i>		A. Sweet & Sour Popcorn Chicken with Rice B. Turkey Chef Salad & Dinner Roll <i>Steamed Broccoli</i>		A. Chicken Corn Dog B. Popcorn Chicken Salad & Dinner Roll <i>Rainbow Vegetable Blend</i>	



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: SAVOR THE FLAVORS OF SUMMER

The warm summer months yield a vibrant array of colorful fruits and veggies. The following are just a few delicious summer selections that you can seek out at your local markets.



PEACHES



TOMATOES



GARLIC



EGGPLANT



CORN



CUCUMBERS

ACE'S RECIPE OF THE MONTH:



GRILLED VEGGIE SHISH KABOB*

INGREDIENTS:

- Green Zucchini
- Yellow Squash
- Red Onion
- Orange or Red Bell Pepper
- White or Brown Mushrooms
- Metal or Bamboo Skewers

PREPARATION:

Ask an adult to cut ingredients to appropriate size. (Mushrooms may not need to be cut.)

INSTRUCTIONS:

Once cut, help the adult slide vegetables onto skewers, making sure 1 or 2 pieces of each veggie are on each skewer.

Ask the adult to place skewers on hot grill for about 15 minutes, or until vegetables are cooked to your desired taste.

Garnish the kabobs with olive oil or fresh herbs (optional).