



**Menus are subject to change. Due to labor & product shortages resulting from the pandemic, expect menu adjustments.

AUGUST / SEPTEMBER 2022

All students who wish to order breakfast and/or lunch **MUST** complete a Meal Order Form by Monday, August 25, 2022.

You can always grab breakfast in your classroom. Breakfast includes an entrée (consisting of 1 or 2 items), fruit, 100% fruit juice & milk.



ACE'S CORNER

Breakfast Prices

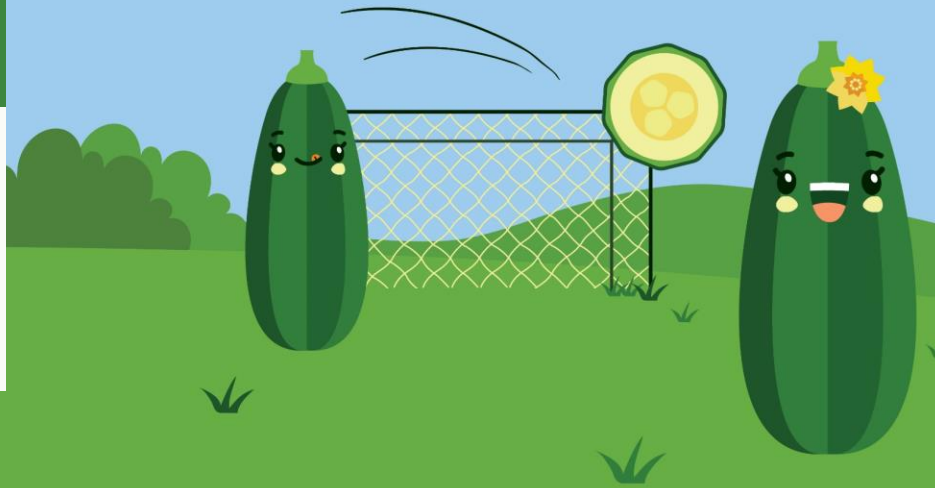
Paid: \$1.35

Reduced: \$0.30

Lunch Prices

Paid: \$2.35

Reduced: \$0.40



Cheese Sandwich and Soybutter & Jelly Sandwich meal offered at lunch daily.

Salad bars are back & available daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 First Day of School! 11:30am Start Time No Meal Service at Elementary Schools	30 WG Oatmeal Raisin BeneFIT Bar Raisins WG Chicken Nuggets WG Crackers Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	31 WG Glazed Donut Applesauce Cup WG Cheese Quesadilla Sliced Carrots Soybutter & Jelly Sandwich Meal	1 WG Muffin Vanilla Yogurt Cup Strawberries WG Bosco Cheese Sticks Marinara Sauce Mixed Vegetables Soybutter & Jelly Sandwich Meal	2 No School Labor Day Weekend
5 No School Labor Day Weekend	6 WG UBR Breakfast Round Pear Spaghetti with Meatballs WG Breadstick Mixed Vegetables Soybutter & Jelly Sandwich Meal	7 WG Apple Frudel Applesauce Cup Sweet & Sour Chicken WG Rice Steamed Broccoli Soybutter & Jelly Sandwich Meal	8 WG French Toast BeneFIT Bar Raisins WG Mini Pancakes with Syrup Cup Turkey Sausage Patty Sweet Potato Fries Soybutter & Jelly Sandwich Meal	9 Strawberry Banana Yogurt Cup WG Scooby Doo Crackers Banana WG Cheese Pizza Seasoned Green Beans Soybutter & Jelly Sandwich Meal
12 WG Cereal Bar WG Animal Crackers Pear Macaroni & Cheese WG Fish Sticks Shoestring French Fries Soybutter & Jelly Sandwich Meal	13 WG Mini Cinnis Strawberry Craisins Popcorn Chicken Bowl WG Crackers Sweet Golden Corn Soybutter & Jelly Sandwich Meal	14 WG Mini Pancakes Apple Slices Cheese Ravioli with Marinara Sauce WG Breadstick Roasted Squash Soybutter & Jelly Sandwich Meal Early Release Day	15 WG Chocolate Chip Muffin Banana Hot Dog on a WG Bun Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	16 WG Mini Waffles Raisins WG Three Cheese French Bread Pizza Steamed Cauliflower Soybutter & Jelly Sandwich Meal
19 Cereal Bowl WG Graham Crackers Apple WG Bosco Cheese Sticks Marinara Sauce Sliced Carrots Soybutter & Jelly Sandwich Meal	20 WG Oatmeal Chocolate Chip BeneFIT Bar Fresh Orange Chicken Alfredo WG Dinner Roll Roasted Zucchini Squash Soybutter & Jelly Sandwich Meal	21 WG Banana Bread Slice Applesauce Cup Beef Soft Tacos Mexicali Corn Soybutter & Jelly Sandwich Meal	22 WG Mini Cream Cheese Bagels Banana WG Chicken Patty Sandwich Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	23 WG Nutri-Grain Bar String Cheese Sliced Peach Cup WG Cheese Flatbread Steamed Broccoli Soybutter & Jelly Sandwich Meal
26 WG Cereal Bar WG Animal Crackers Pear WG Chicken Corn Dog Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	27 WG Mini Donuts Apple Slices WG Mini Pancakes Turkey Sausage Links Tater Tots Soybutter & Jelly Sandwich Meal	28 WG Mini Cream Cheese Bagels Applesauce Cup Cheeseburger on a WG Bun Roasted Carrots Soybutter & Jelly Sandwich Meal	29 WG Mini Cinnamon French Toast Banana General Tso Chicken WG Rice Steamed Broccoli Soybutter & Jelly Sandwich Meal	30 WG Apple Frudel Strawberry Craisins WG Cheese Pizza Mixed Vegetables Soybutter & Jelly Sandwich Meal

SQUASH HUNGER WITH THIS POWERHOUSE VEGGIE!

ACE'S JOKE OF THE MONTH



Q. WHY IS IT A BAD IDEA TO TELL SECRETS IN A CORNFIELD?

SEE ANSWER BELOW

DID YOU KNOW?

ZUCCHINI CAN GROW TO THE SIZE OF A BASEBALL BAT!

But when it comes to taste, bigger is not better! Typically zucchini are harvested at about 6-8 inches.

ZUCCHINI FLOWERS ARE EDIBLE!

Each zucchini plant has a flower sprout on top which is totally safe to eat—if you dare!



Zucchini, known as a courgette in Europe, is a summer squash belonging to the cucurbita pepo species. Zucchini grows best in the summer though they are available all year long. Zucchini are a healthy addition to any meal since they are fat and cholesterol free, low in sodium, and rich in vitamins and minerals. The World's Largest Zucchini was grown in Devon, UK and measured 69.5 inches long at a weight of 65 pounds. Ranging in color from a dark green to a golden yellow, zucchini's relatives include pumpkins and gourds—making it the perfect introduction to fall.



ACTIVITY: SLICE AS NICE.

Be sure to eat your greens! These fruits and veggies are all delicious additions to your diet.

MATCH THE FRUITS AND VEGGIES TO THEIR SLICES.

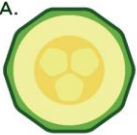
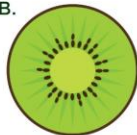












SEE ANSWER BELOW

BONUS



IN A PICKLE... Which of these is typically used to make pickles?

SEE ANSWER BELOW

A. 	B. 	C. 	D. 	E. 	F. 	G. 
						
1. JALAPEÑO	2. PAPAYA	3. LIME	4. CUCUMBER	5. STARFRUIT	6. ZUCCHINI	7. KIWI