



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



AUGUST/SEPTEMBER 2023

Breakfast & lunch are FREE for all students!

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



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
Welcome Back! 28 No Elementary Breakfast or Lunch	Oatmeal Chocolate Chip 29 BeneFIT Bar Raisins A. Cheeseburger with Signature Sauce B. Popcorn Chicken Salad & Dinner Roll Waffle Fries	Mini Donuts 30 Applesauce Cup A. Broccoli & Cheese Baked Potato with a Breadstick B. Yogurt & Cheese Lunch Pack Baked Beans	Nutri-Grain Bar 31 Cheese Cubes Fresh Banana A. Bosco Cheese Sticks & Marinara Sauce B. Turkey & Cheese Sub Sliced Carrots	No School Labor Day 1
No School Labor Day 4	Mini Cinnis 5 Fresh Orange A. Mozzarella Cheese Sticks & Marinara Sauce B. Chicken Ham Chef Salad & Dinner Roll Steamed Baby Carrots	Lemon Bread Slice 6 Applesauce Cup A. Macaroni & Cheese with a Dinner Roll B. Chicken Ham & Cheese Sub Baked Beans	Mini Blueberry Waffles 7 Fresh Pear A. Mini Chicken Corn Dogs B. Turkey Chef Salad & Dinner Roll Rainbow Vegetable Blend	Mini Donuts 8 Strawberry Craisins A. Pepperoni Calzone B. Popcorn Chicken Salad & Dinner Roll Seasoned Green Beans
Cereal Bowl 11 Tiger Bite Crackers Apple Slices A. All Beef Hot Dog B. Egg Chef Salad & Dinner Roll Potato Wedge Fries	Banana Chocolate Chunk 12 BeneFIT Bar Fresh Orange A. Spaghetti & Meatballs with a Breadstick B. Three Cheese Sub Seasoned Green Beans	Bagel & Cream Cheese 13 Applesauce Cup A. Chipotle Cheesy Bean Nachos B. Fruit & Yogurt Plate Strawberry Lemonade Icee Cup Peas & Carrots Limited Time Menu Item!	Apple Frudel 14 Banana A. French Toast Sticks & Turkey Sausage Links B. Popcorn Chicken Salad & Dinner Roll Warm Cinnamon Apples	Mini Confetti Pancakes 15 Strawberry Craisins A. Cheese Pizza (Round) B. Yogurt & Cheese Lunch Pack Steamed Broccoli
Cereal Bar 18 Graham Crackers Apple Slices A. Bacon Cheeseburger B. Turkey & Cheese Sub French Fries	Mini Waffles 19 Fresh Orange A. Chicken Tenders & Dinner Roll B. Cheesy Romaine Salad & Dinner Roll Diced Carrots	Nutri-Grain Bar 20 Cheese Cubes Apple A. Popcorn Chicken Bowl B. Turkey Chef Salad & Dinner Roll Sweet Golden Corn	UBR Cinnamon Breakfast 21 Round Raisins A. Beef Nachos with Shredded Cheese B. Fruit & Yogurt Plate Refried Beans	French Toast BeneFIT Bar 22 Banana A. Make Your Own Pizza Bagel B. Chicken Ham & Cheese Sub Rainbow Vegetable Blend
Cereal Bowl 25 Cheez-It Crackers Apple Slices A. Cheese Quesadilla B. Diced Chicken Salad & Dinner Roll Black Beans	Banana Bread Slice 26 Fresh Pear A. Chicken Patty Sandwich B. Chicken Ham Sandwich Tater Tots	Mini Cream Cheese Bagels 27 Applesauce Cup A. Mini Pancakes & Turkey Sausage Links B. Italian Salad & Dinner Roll Warm Cinnamon Peaches	Pop-Tart 28 Yogurt Cup Banana A. Beef Soft Tacos B. Turkey & Cheese Sandwich Sweet Golden Corn	Blueberry Bread Slice 29 Strawberry Craisins A. French Bread Cheese Pizza B. Egg Chef Salad & Dinner Roll Steamed Cauliflower

PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

DISCOVER: PLUM

Look out for plum perfection this month. In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



PURPLE CAULIFLOWER:

Brimming with vitamin C, potassium & fiber
Peak Season: Dec. - Feb.

CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins
Peak Season: Sep. - Oct.



EGGPLANT:

Full of fiber, folate, & antioxidants
Peak Season: Jul. - Oct.

CHALLENGE OF THE MONTH: CABBAGE COLOR KIT

Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.

MATERIALS:

- White clothes to dye
- 1 large pot
- 1 strainer
- 2 cups of chopped red cabbage
- 5 cups of water

Choose one or the other:

- 2 tablespoons of apple cider vinegar for purple
- OR
- 1 teaspoon of baking soda for blue



Tie rubber bands around different parts of the shirt beforehand to create patterns!

*DO NOT attempt cook or chop without adult supervision.



ACE'S RECIPE OF THE MONTH:

CREAMY PURPLE BERRY SMOOTHIE*

Serves 2

INGREDIENTS:

- 1/2 cup of pomegranate juice
- 1 tablespoon of honey
- 3 ounces of silken firm tofu (about 1/2 cup)
- 1 cup of frozen unsweetened mixed berries
- 1 cup of frozen unsweetened strawberries
- Whip cream (optional)



PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



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