



MAY 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 Junch daily



Sandwich are offered at lunch daily.		The fresh fruit & vegetable bar is available daily with all entrée choices!		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cherry Frudel Banana & 100% Fruit Juice A. French Toast Sticks & Turkey Sausage Patties with Syrup B. Popcorn Chicken Salad & Dinner Roll Tater Tots	Strawberry Pop-tart & String Cheese Strawberry Craisins & 100% Fruit Juice A. Personal Cheese Pizza B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli
Cereal & Graham Crackers Applesauce Cup & 100% Fruit Juice A. Mac n' Cheese & Dinner Roll B. Turkey & Cheese Sub Green Beans	Mini Maple Pancakes Peach Cup & 100% Fruit Juice A. Fritos, Beef & Cheese Walking Taco B. Breaded Chicken Caesar Salad & Dinner Roll Refried Beans	Pumpkin Bread Slice Apple Slices & 100% Fruit Juice A. Cheesy Egg Omelet & Muffin B. Pretzel, Yogurt & Cheese Pack Tater Tots	Chocolate Chip UBR Bar Banana & 100% Fruit Juice A. Popcorn Chicken Bowl B. Turkey Chef Salad & Dinner Roll Steamed Broccoli	French Toast BeneFlit Bar Strawberry Craisins & 100% Fruit Juice A. French Bread Cheese Pizza B. Apple, Yogurt & Cheese Plate Rainbow Vegetable Blend
Cereal & Chocolate Tiger Bites 12 Apple Slices & 100% Fruit Juice A. Cheese Quesadilla B. Turkey Ham & Cheese Sandwich Black Beans	A. Chicken Patty Sandwich B. Italian Salad & Dinner Roll Tater Tots	Strawberry Nutri-Grain Bar & 14 Cheese Cubes Strawberry Fruit Cup & 100% Fruit Juice A. Mojo Chicken Bowl B. Apple, Yogurt & Cheese Plate Mixed Vegetables	Banana Bread Slice Banana & 100% Fruit Juice A. Mini Pancakes & Scrambled Eggs B. Turkey & Cheese Sandwich Warm Cinnamon Peaches	Mini Strawberry Cream Cheese 16 Bagels Raisins & 100% Fruit Juice A. Personal Pan Cheese Pizza B. Make Your Own Pepperoni Pizza Bagel Steamed Broccoli
Cereal & Cheez-It Crackers Apple Slices & 100% Fruit Juice A. Chicken Alfredo & Dinner Roll B. Turkey Ham & Cheese Sandwich Steamed Broccoli	Oatmeal Chocolate Chip BeneFIT Bar Peach Cup & 100% Fruit Juice A. Chicken Tenders & Dinner Roll B. Popcorn Chicken Salad & Dinner Roll Waffle Fries	Powdered Sugar Mini Donuts Applesauce Cup & 100% Fruit Juice A. Beef Soft Tacos B. Pretzel, Yogurt & Cheese Pack Sweet Golden Corn	Cereal Bar & Yogurt Cup Banana & 100% Fruit Juice A. Waffles & Turkey Sausage Links with Syrup B. Turkey Ham Chef Salad & Dinner Roll Orange Glazed Carrots	No School 23 Memorial Day
No School 26 Memorial Day	Mini Cinnis 27 Applesauce Cup & 100% Fruit Juice A. Beef Nachos B. Breaded Chicken Caesar Salad & Dinner Roll Sweet Golden Corn	Lemon Bread Slice 28 Berry Fruit Cup & 100% Fruit Juice A. Backyard Burger B. Pretzel, Yogurt & Cheese Pack Roasted Baby Carrots Hamburger Day!!	Trix Mini French Toast Banana & 100% Fruit Juice A. Sweet & Sour Popcorn Chicken & Rice B. Turkey Chef Salad & Dinner Roll Steamed Broccoli	Celebration BeneFIT Bar 30 Strawberry Craisins & 100% Fruit Juice A. Pepperoni Pizza Slice B. Popcorn Chicken Salad & Dinner Roll Rainbow Vegetable Blend

BECAUSE OF BLUE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, they also may offer anti-inflammatory and anti-viral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blackberries, and elderberries.

DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries in the cafeteria this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



BLUE POTATOES: Loaded with protein, fiber, & copper Peak Season: Aug.-Sep.

dose of anthocyanins, lycopene, & vitamin C
Peak Season: Jul.-Sep.





BLUE CORN:

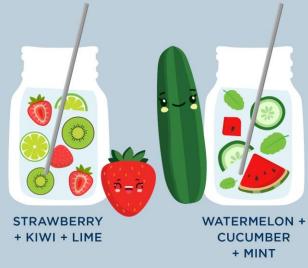
Bursting with anthocyanin & protein Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies. Check out our recipes for inspiration.









ACE'S RECIPE OF THE MONTH:

BERRY YUMMY FRUIT SALAD*

Serves 6



INGREDIENTS:

1 1/2 cups raspberries

11/2 cups blueberries

11/2 cups strawberries, hulled and halved

11/2 cups blackberries

1/4 cup honey

2 tablespoons lime juice

2 teaspoons poppy seeds

Mint sprigs and lime wedges for garnish (optional)

PREPARATION:

- Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
- In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
- 3. Pour the honey mixture over the berries and toss gently to coat.
- Serve immediately, or cover and refrigerate for up to four hours. Garnish with mint sprigs and lime wedges if desired.





*DO NOT attempt to cut or chop without adult supervision.