

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 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 <b>1</b>	Strawberry Pop-tart & String Cheese Strawberry Craisins & 100% Fruit Juice <b>2</b>
			A. French Toast Sticks & Turkey Sausage Patties with Syrup B. Popcorn Chicken Salad & Dinner Roll Tater Tots	A. Personal Cheese Pizza B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli
Cereal & Graham Crackers Applesauce Cup & 100% Fruit Juice <b>5</b>	Mini Maple Pancakes Peach Cup & 100% Fruit Juice <b>6</b>	Pumpkin Bread Slice Apple Slices & 100% Fruit Juice <b>7</b>	Chocolate Chip UBR Bar Banana & 100% Fruit Juice <b>8</b>	French Toast BeneFit Bar Strawberry Craisins & 100% Fruit Juice <b>9</b>
A. Mac n' Cheese & Dinner Roll B. Turkey & Cheese Sub Green Beans	A. Fritos, Beef & Cheese Walking Taco B. Breaded Chicken Caesar Salad & Dinner Roll Refried Beans Taco Tuesday!	A. Cheesy Egg Omelet & Muffin B. Pretzel, Yogurt & Cheese Pack Tater Tots	A. Popcorn Chicken Bowl B. Turkey Chef Salad & Dinner Roll Steamed Broccoli	A. French Bread Cheese Pizza B. Apple, Yogurt & Cheese Plate Rainbow Vegetable Blend
Cereal & Chocolate Tiger Bites Apple Slices & 100% Fruit Juice <b>12</b>	Blueberry Bread Slice Applesauce Cup & 100% Fruit Juice <b>13</b>	Strawberry Nutri-Grain Bar & Cheese Cubes Strawberry Fruit Cup & 100% Fruit Juice <b>14</b>	Banana Bread Slice Banana & 100% Fruit Juice <b>15</b>	Mini Strawberry Cream Cheese Bagels Raisins & 100% Fruit Juice <b>16</b>
A. Cheese Quesadilla B. Turkey Ham & Cheese Sandwich Black Beans	A. Chicken Patty Sandwich B. Italian Salad & Dinner Roll Tater Tots	A. Mojo Chicken Bowl B. Apple, Yogurt & Cheese Plate Mixed Vegetables Limited Time Menu Item!	A. Mini Pancakes & Scrambled Eggs B. Turkey & Cheese Sandwich Warm Cinnamon Peaches	A. Personal Pan Cheese Pizza B. Make Your Own Pepperoni Pizza Bagel Steamed Broccoli
Cereal & Cheez-It Crackers Apple Slices & 100% Fruit Juice <b>19</b>	Oatmeal Chocolate Chip BeneFIT Bar Peach Cup & 100% Fruit Juice <b>20</b>	Powdered Sugar Mini Donuts Applesauce Cup & 100% Fruit Juice <b>21</b>	Cereal Bar & Yogurt Cup Banana & 100% Fruit Juice <b>22</b>	No School Memorial Day <b>23</b>
A. Chicken Alfredo & Dinner Roll B. Turkey Ham & Cheese Sandwich Steamed Broccoli Emerson BBQ	A. Chicken Tenders & Dinner Roll B. Popcorn Chicken Salad & Dinner Roll Waffle Fries	A. Beef Soft Tacos B. Pretzel, Yogurt & Cheese Pack Sweet Golden Corn Twain BBQ	A. Waffles & Turkey Sausage Links with Syrup B. Turkey Ham Chef Salad & Dinner Roll Orange Glazed Carrots Eisenhower BBQ	
No School Memorial Day <b>26</b>	Mini Cinnis Applesauce Cup & 100% Fruit Juice <b>27</b>	Lemon Bread Slice Berry Fruit Cup & 100% Fruit Juice <b>28</b>	Trix Mini French Toast Banana & 100% Fruit Juice <b>29</b>	Celebration BeneFIT Bar Strawberry Craisins & 100% Fruit Juice <b>30</b>
	A. Beef Nachos B. Breaded Chicken Caesar Salad & Dinner Roll Sweet Golden Corn	A. Backyard Burger B. Pretzel, Yogurt & Cheese Pack Roasted Baby Carrots Salk BBQ Hamburger Day!	A. Sweet & Sour Popcorn Chicken & Rice B. Turkey Chef Salad & Dinner Roll Steamed Broccoli Edison BBQ	A. Pepperoni Pizza Slice B. Popcorn Chicken Salad & Dinner Roll Rainbow Vegetable Blend Disney BBQ

# 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.

**BLUE TOMATOES:** Hearty 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.



STRAWBERRY  
+ KIWI + LIME



WATERMELON +  
CUCUMBER  
+ MINT



## ACE'S RECIPE OF THE MONTH:

### BERRY YUMMY FRUIT SALAD\*

Serves 6



#### INGREDIENTS:

- 1 1/2 cups raspberries
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries, hulled and halved
- 1 1/2 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.
- 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.**