



# APRIL 2025

## DAILY OPTIONS:

Assorted Fruit & Juice

Assorted Milk

ACE'S CORNER

Option C: SBJ Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>BKFST:</b> Maple Eggo Pancakes <b>1</b>  <b>A:</b> Nachos <b>B:</b> Cheeseburger  Refried Beans & Mexican Style Street Corn	<b>BKFST:</b> Yogurt w/ Goldfish <b>2</b>  <b>A:</b> Country Popcorn Chicken Bowl w/ Pretzel Rod <b>B:</b> Yogurt & Pretzel Pack  Fresh Broccoli & Red Peppers	<b>BKFST:</b> Pancake Wrap <b>3</b>  <b>A:</b> BBQ Chicken Flatbread <b>B:</b> Chicken Nuggets w/ Pretzel Rod  Tater Tots & Cucumber Slices	<b>BKFST:</b> Benefit Bar <b>4</b>  <b>A:</b> Cheese/Pepperoni Pizza <b>B:</b> Chicken & Cheese Salad w/ Roll  Rainbow Vegetables & Baby Carrots
<b>BKFST:</b> Blueberry Bread <b>7</b>  <b>A:</b> Soft Tacos <b>B:</b> Cheese Quesadilla <b>C: Munch Madness Winning</b> <b>Entree</b> Black Beans & Side Salad	<b>BKFST:</b> Mini Cinni's <b>8</b>  <b>A:</b> BBQ Rib Sandwich <b>B:</b> Spaghetti w/ Meat Sauce <b>C: Munch Madness Winning Entree</b> Tater Tots & Pickled Cucumbers	<b>BKFST:</b> Cinnamon Toast Crunch w/ String Cheese <b>9</b>  <b>Early Release:</b> SBJ, Carrots, Apple & Juice	<b>BKFST:</b> Cherry Frudel <b>10</b>  <b>A:</b> Meatball Sub <b>B:</b> Hot Dog <b>C: Munch Madness Winning</b> <b>Entree</b> Corn & Edamame	<b>BKFST:</b> Mini Cream Cheese Bagel <b>11</b>  <b>A:</b> Cheese/Pepperoni Pizza <b>B:</b> All American w/ Roll <b>C: Munch Madness Winning Entree</b> Side Salad & Red Pepper Strips
<b>BKFST:</b> Benefit Bar <b>14</b>  <b>A:</b> Popcorn Chicken w/ Pretzel Rod <b>B:</b> Grilled Cheese  Broccoli & Baby Carrots	<b>BKFST:</b> Strawberry Cream <b>15</b> Cheese Bagel  <b>A:</b> Chicken Patty w/ Signature Sauce <b>B:</b> Pizza Quesadilla Waffle Fries & Broccoli	<b>National Banana Day!!</b> <b>16</b> <b>BKFST: Banana Bread</b>  <b>A:</b> Spaghetti w/ Meat Sauce <b>B:</b> Chicken Nuggets w/ Pretzel Rod  Baked Beans & Celery Sticks	<b>BKFST:</b> Apple Frudel <b>17</b>  <b>A:</b> Waffles w/ Sausage Links <b>B:</b> Ham & Cheese Wrap  Rush Juice & Red Peppers	<b>18</b>  <b>No School</b>
<b>21</b>  <b>No School</b>	<b>Earth Day!!</b> <b>22</b> <b>BKFST:</b> Poptart w/ String Cheese  <b>A:</b> Corn Dog <b>B: Rainbow Flatbread</b>  Cooked Carrots & Broccoli	<b>BKFST:</b> Benefit Bar <b>23</b>  <b>A:</b> Nachos <b>B:</b> Cheese Quesadilla  Kickin' Pinto & Zucchini Slices	<b>BKFST:</b> Blueberry Waffles <b>24</b>  <b>A:</b> Bacon Cheeseburger <b>B:</b> Sausage, Egg & Cheese Biscuit  Rainbow Vegetables & Celery Sticks	<b>BKFST:</b> Froot Loops w/ String <b>25</b> Cheese  <b>A:</b> Cheese/Pepperoni Pizza <b>B:</b> Popcorn Chicken Salad w/ Roll  Spinach Salad & Baby Carrots
<b>BKFST:</b> Cinnamon Raisin Bagel w/ <b>28</b> Cream Cheese  <b>A:</b> Chicken Patty Sliders <b>B:</b> Hot Dog  Mashed Potatoes & Broccoli	<b>BKFST:</b> Mystery <b>29</b>  <b>A:</b> Soft Tacos <b>B:</b> Chicken Tenders w/ Pretzel Rod  Corn & Red Peppers	<b>BKFST:</b> Cinnamon Toast Crunch Pastry <b>30</b>  <b>A:</b> Orange Chicken w/ Rice <b>B:</b> Cheeseburger  Peas/Carrot Blend & Edamame		

# 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.



## 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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MAY 2025



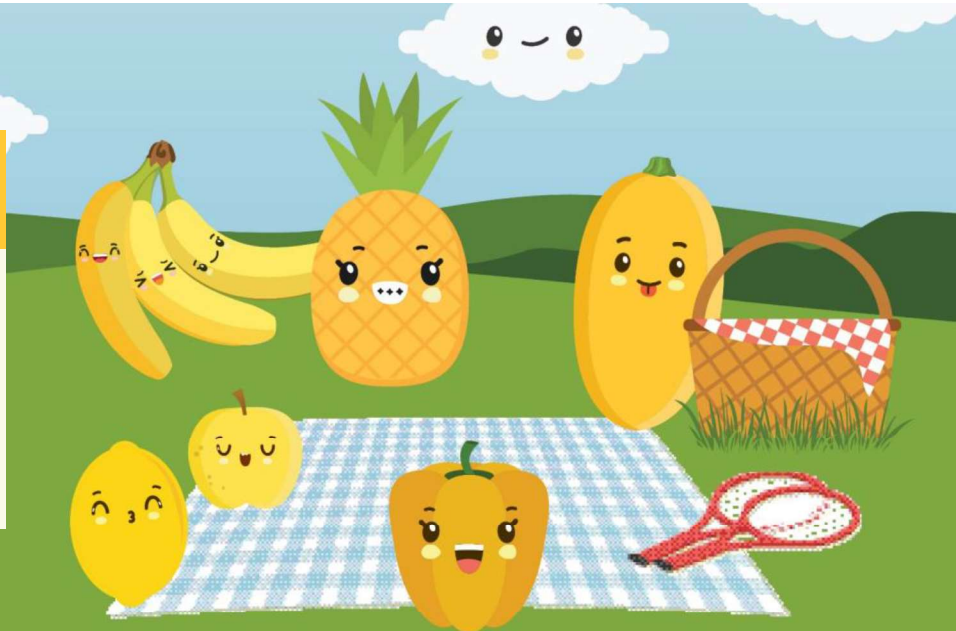
ACE'S CORNER

**DAILY OPTIONS:**

Assorted Fruit &amp; Juice

Assorted Milk

Option C: SBJ Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>BKFST: Apple Frudel 1</b>  <b>A:</b> French Toast w/ Sausage Patties <b>B:</b> Grilled Cheese  Ruby Rush Juice & Celery Sticks	<b>BKFST: Mini Cinni's 2</b>  <b>A:</b> Cheese/Pepperoni Pizza <b>B:</b> Italian Salad w/ Roll  Spinach Salad & Baby Carrots
<b>BKFST: Pumpkin Bread 5</b>  <b>A:</b> Mini Corn Dogs <b>B:</b> Cheeseburger French Fries & Celery Sticks	<b>BKFST: Maple Eggo Pancakes 6</b> <b>Walking Taco Tuesday!!</b> <b>A: Frito Walking Tacos</b> <b>B:</b> Baja Salad w/ Roll  Refried Beans & Mexican Style Street Corn	<b>BKFST: Yogurt w/ Goldfish 7</b>  <b>A:</b> Country Popcorn Chicken Bowl w/ Pretzel Rod <b>B:</b> MYO Flatbread Pizza  Fresh Broccoli & Red Peppers	<b>BKFST: Pancake Wrap 8</b>  <b>A:</b> BBQ Chicken Flatbread <b>B:</b> Chicken Nuggets w/ Pretzel Rod  Tater Tots & Cucumber Slices	<b>BKFST: Benefit Bar 9</b>  <b>A:</b> Cheese/Pepperoni Pizza <b>B:</b> Chicken & Cheese Salad w/ Roll  Rainbow Vegetables & Baby Carrots
<b>BKFST: Blueberry Bread 12</b>  <b>A:</b> Soft Tacos <b>B:</b> Max Sticks with Dipping Sauce  Black Beans & Side Salad	<b>BKFST: Mini Cinni's 13</b>  <b>A:</b> BBQ Rib Sandwich <b>B:</b> Spaghetti w/ Meat Sauce  Tater Tots & Pickled Cucumbers	<b>BKFST: Cinnamon Toast 14</b> Crunch w/ String Cheese  <b>A:</b> Cheeseburger <b>B:</b> Chicken Patty Sandwich  Celery Sticks & Baby Carrots	<b>BKFST: Poptart w/ String 15</b> Cheese  <b>A:</b> Meatball Sub <b>B:</b> Hot Dog  Corn & Edamame	<b>BKFST: Mini Cream Cheese 16</b> Bagel  <b>A:</b> Cheese/Pepperoni Pizza <b>B:</b> All American w/ Roll  Side Salad & Red Pepper Strips
<b>BKFST: Benefit Bar 19</b>  <b>A:</b> Popcorn Chicken w/ Pretzel Rod <b>B:</b> Grilled Cheese  Broccoli & Baby Carrots	<b>BKFST: Cheesy Bosco Stick 20</b>  <b>A:</b> Chicken Patty w/ Signature Sauce <b>B:</b> Pizza Quesadilla  Waffle Fries & Broccoli	<b>BKFST: Banana Bread 21</b>  <b>FIELD DAY!!!</b>	<b>BKFST: Chef's Choice 22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>



# YELLOW WORLD

Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include corn, yellow tomatoes, garbanzo beans, bananas, yellow peppers, and egg yolks.

## DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



**PINEAPPLE:** Brimming with vitamin C, calcium, & iron  
**Peak Season:** Apr.-May

**LEMON:** Bursting with fiber, vitamin C, & potassium  
**Peak Season:** Nov.-Mar.



**STARFRUIT:** Full of protein, vitamins, & minerals  
**Peak Season:** Aug.-Sep.

## CHALLENGE OF THE MONTH: EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! See below for some flavorful suggestions.



STRAWBERRY, BEET,  
SPINACH, APPLE JUICE



PINEAPPLE, BANANA,  
COCONUT MILK, SPINACH



MANGO, ORANGE JUICE,  
CARROT JUICE



## ACE'S RECIPE OF THE MONTH:

### PINEAPPLE COBBLER\*

Serves 8



#### INGREDIENTS:

- 1 cup all-purpose flour
- 1 pinch of salt
- 1 cup sugar
- 1 tablespoon baking powder
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/4 lb.) unsalted butter, melted
- 1 can (20 oz.) pineapple chunks in juice, drained
- Vanilla ice cream or whipped cream (optional)

#### PREPARATION:

1. Preheat oven to 375°F. In a bowl, mix flour, salt, sugar, baking powder, milk, and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
2. Spread a very thin layer of batter evenly in a 9x13" baking dish and scatter pineapple chunks evenly over batter.
3. Bake 25 minutes or until pineapple has fallen to bottom of pan and top is puffed, golden brown, and springs back slightly when touched in middle. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

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