

APRIL 2024 Breakfast Menu

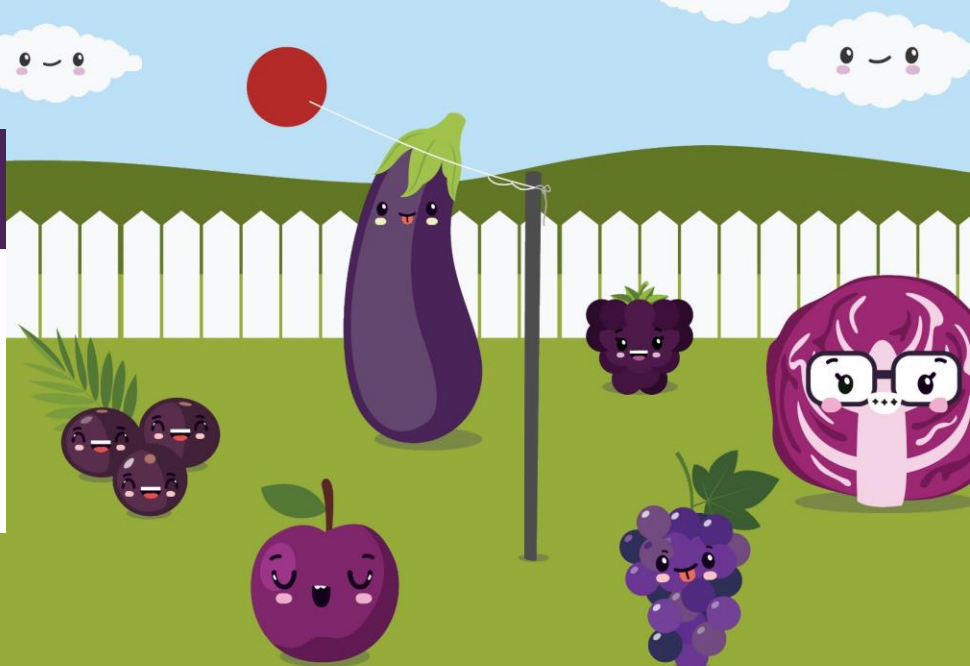


ACE'S CORNER

Choose at least 3 food items, choosing at least one fruit.

Breakfast In the Classroom (BIC)

Vegetarian entrees available daily.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hawthorne and Hadfield Breakfast Menu ¹	Assorted Cereal ² Craisins Milk	Goldfish Graham ³ Applesauce Milk	Mini Cinnamon Rush ⁴ French Toast Raisins Milk	Turkey Sausage ⁵ Pancake Wrap Orange Milk
Mini Strawberry ⁸ Creamy Cheese Bagels Apple Milk	Blueberry Bread ⁹ Orange Milk	Maple Mini Waffle ¹⁰ Pear Milk	Benefit Bar ¹¹ Banana Milk	Assorted Cereal ¹² Craisins Milk
Pancake Maple Minis ¹⁵ Apple Milk	Banana Bread ¹⁶ Orange Milk	Maple Mini Waffle ¹⁷ Applesauce Milk	Mini Cinnamon Rush ¹⁸ French Toast Banana Milk	Assorted Cereal ¹⁹ Craisins Milk
Pancake Maple Minis ²² Apple Milk	Lemon Bread ²³ Orange Milk	Pop Tart ²⁴ Pear Milk	Benefit Bar ²⁵ Raisins Milk	Apple Frudel ²⁶ Craisins Milk
Pancake Maple Minis ²⁹ Apple Milk	Banana Bread ³⁰ Orange Milk			<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p>

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!



***DO NOT attempt cook or chop without adult supervision.**

This institution is an equal opportunity provider.