

MAY 2024 Breakfast Menu



ACE'S CORNER

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

Breakfast Prices

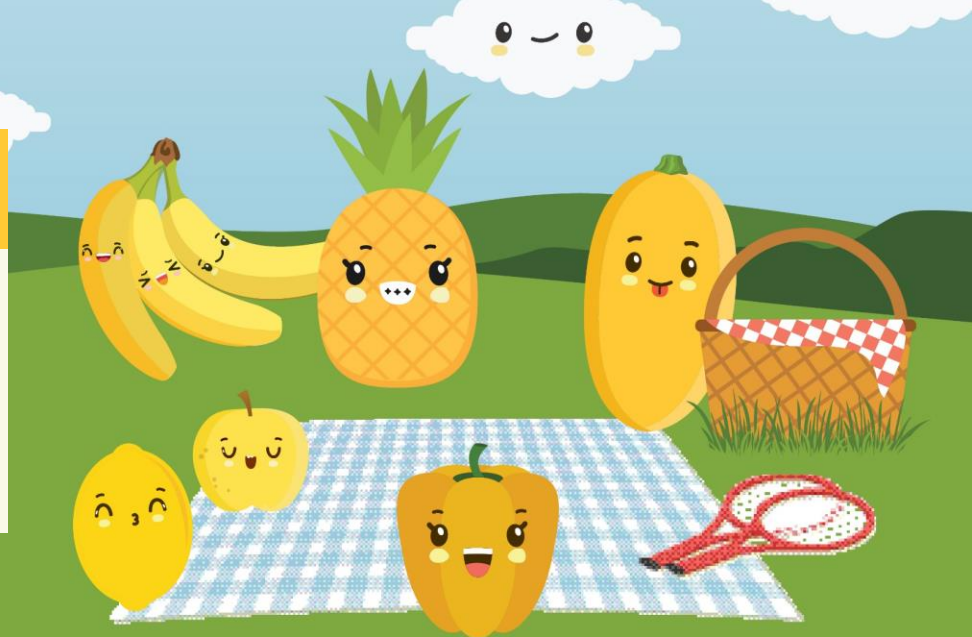
Paid: \$1.50

Reduced: \$0.30

Lunch Prices

Paid: \$2.55

Reduced: \$0.40



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Elementary Menu		Maple Mini Waffle Hard Boiled Egg Pear, Applesauce Milk	Benefit Bar Banana, Raisins Milk	Turkey Sausage Pancake Wrap Craisins, Diced Peaches Milk
Pancake Maple Minis Apple, Diced Pears Milk	Banana Bread Orange, Mixed Fruit Milk	Maple Mini Waffle Hard Boiled Egg Pear, Applesauce Milk	Apple Frudel Mozzarella Cheese Stick Banana, Raisins Milk	Turkey Sausage Pancake Wrap Craisins, Diced Peaches Milk
Mini Strawberry Creamy Cheese Bagels Apple, Diced Pears Milk	Egg and Cheese English Muffin Sandwich Orange, Mixed Fruit Milk	Blueberry Bread Hard Boiled Egg Pear, Applesauce Milk	Benefit Bar Banana, Raisins Milk	Turkey Sausage Pancake Wrap Craisins, Diced Peaches Milk
Pancake Maple Minis Apple, Diced Pears Milk	Banana Bread Orange, Mixed Fruit Milk	Maple Mini Waffles Hard Boiled Egg Pear, Applesauce Milk	Turkey Sausage Pancake Wrap Banana, Raisins Milk	Apple Frudel Mozzarella Cheese Stick Craisins, Diced Peaches Milk
MEMORIAL DAY 	Lemon Bread Orange, Mixed Fruit Milk	Mini Strawberry Creamy Cheese Bagels Pear, Applesauce Milk	Benefit Bar Banana, Raisins Milk	Egg and Cheese English Muffin Sandwich Craisins, Diced Peaches Milk

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.

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