

# SEPTEMBER 2022

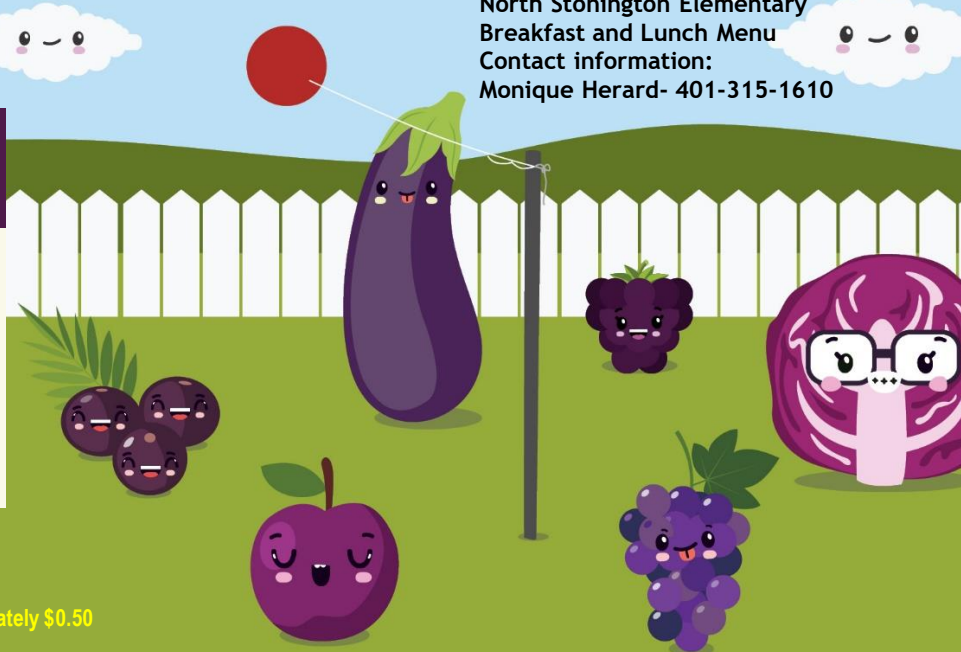


**ACE'S CORNER**

**Welcome Back to School!**

Good news, we were approved to have FREE breakfast and lunch for a portion of this year!!! We don't have a date for when it will end and need families to fill out the free and reduced lunch applications.

**Breakfast Prices**      **Lunch Prices**  
Paid: \$2.25              Paid: \$3.05  
Reduced: \$0.30        Reduced: \$0.40  
Milk is included with all meals. Sold separately \$0.50



Assorted Cereal offered at breakfast daily      Sun Butter & Jelly Sandwich offered at lunch daily      Vegetarian entrees are written in green

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29		30		31		01		02	
				Welcome Back to School!					
05		06		07		08		09	
No School		Oatmeal Round Orange, 100 % Juice		Apple Frudel Diced Pears, 100% Juice		Soft Cereal Bar Raisins, 100% Juice		Benefit Bar Grapes, 100% Juice	
Labor Day		1. Chicken Patty Sandwich 2. Italian Salad w/ Roll 3. Pizza Bagel Fun Lunch		1. French Toast Sticks w/ Omelet 2. All-American Sub 3. Pizza Bagel Fun Lunch		1. Beef & Cheese Nachos 2. Italian Salad w/ Roll 3. Pizza Bagel Fun Lunch		1. Cheese Pizza 2. All-American Sub 3. Cereal, Yogurt & Cheese Fun Lunch	
		Roasted Mixed Vegetables		Sweet Potato Fries		Edamame Beans		Celery Sticks <small>National Cheese Pizza Day!</small>	
12		13		14		15		16	
Cinni Mini Apple, 100% Juice		Benefit Bar Mixed Fruit, 100% Juice		Banana Bread Applesauce, 100% Juice		Chocolate Chip Muffin Banana, 100% Juice		Waffle Diced Peaches, 100% Juice	
1. Chicken Tenders w/ Biscuit 2. Turkey Sub 3. Pretzel, Yogurt, & Cheese Fun Lunch		1. Grilled Bacon & Cheese Sandwich 2. Chicken Caesar Salad w/ Roll 3. Pretzel, Yogurt, & Cheese Fun Lunch		1. Waffle w/ Sausage 2. Turkey Sub 3. Pretzel, Yogurt, & Cheese Fun Lunch		1. Hamburger or Cheeseburger 2. Chicken Caesar Salad w/ Roll 3. Pretzel, Yogurt & Cheese Fun Lunch		1. Pepperoni Pizza 2. Turkey Sub 3. Pretzel, Yogurt, & Cheese Fun Lunch	
Corn		Green Beans		Smiley Fries		Vegetarian Baked Beans <small>National Cheeseburger Day!</small>		Roasted Cauliflower	
19		20		21		22		23	
Bagel w/ Cream Cheese Diced Pears, 100% Juice		Benefit Bar Mixed Fruit, 100% Juice		Scooby Grahams w/ Yogurt Pear, 100% Juice		Apple Cinnamon Muffin Raisins, 100% Juice		Nutri Grain Bar w/ Yogurt Grapes, 100% Juice	
1. Chicken Patty Sandwich 2. Santa Fe Turkey Wrap 3. Nacho Cheese Fun Lunch		1. Macaroni & Cheese 2. Popcorn Chicken Salad w/ Roll 3. Nacho Cheese Fun Lunch		1. Pancakes w/ Sausage 2. Santa Fe Turkey Wrap 3. Nacho Cheese Fun Lunch		1. Soft Shell Tacos 2. Popcorn Chicken Salad w/ Roll 3. Nacho Cheese Fun Lunch		1. Cheese Pizza 2. Santa Fe Turkey Wrap 3. Nacho Cheese Fun Lunch	
Mashed Potato		Peas & Carrots		Roasted Zucchini Goldfish Pretzels <small>Ace's Birthday Bash!</small>		Campfire Beans		Coleslaw	
26		27		28		29		30	
Cinni Mini Diced Pears, 100% Juice		Banana Bread Oranges, 100% Juice		Mini Cinnamon Bagel Applesauce, 100% Juice		Mini French Toast Banana, 100% Juice		Grape Filled Crescent Roll Diced Peaches, 100% Juice	
1. Hot Dog 2. BBQ Chicken & Cheddar Wrap 3. Flatbread Pizza Fun Lunch		1. Hamburger or Cheeseburger 2. Chicken Nacho Salad w/ Tortilla Chips 3. Flatbread Pizza Fun Lunch		1. Waffle w/ Sausage 2. BBQ Chicken & Cheddar Wrap 3. Flatbread Pizza Fun Lunch		1. Chicken Nuggets w/ Rice 2. Chicken Nacho Salad w/ Tortilla Chips 3. Flatbread Pizza Fun Lunch		1. Cheese Pizza 2. Roasted Veggie Wrap 3. Cereal, Yogurt, & Cheese Fun Lunch	
Vegetarian Baked Beans		Tater Tots		Celery Sticks		Steamed Broccoli		Cucumber Coins <small>World Vegetarian Day!</small>	

# 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!



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This institution is an equal opportunity provider.