

MAY 2023

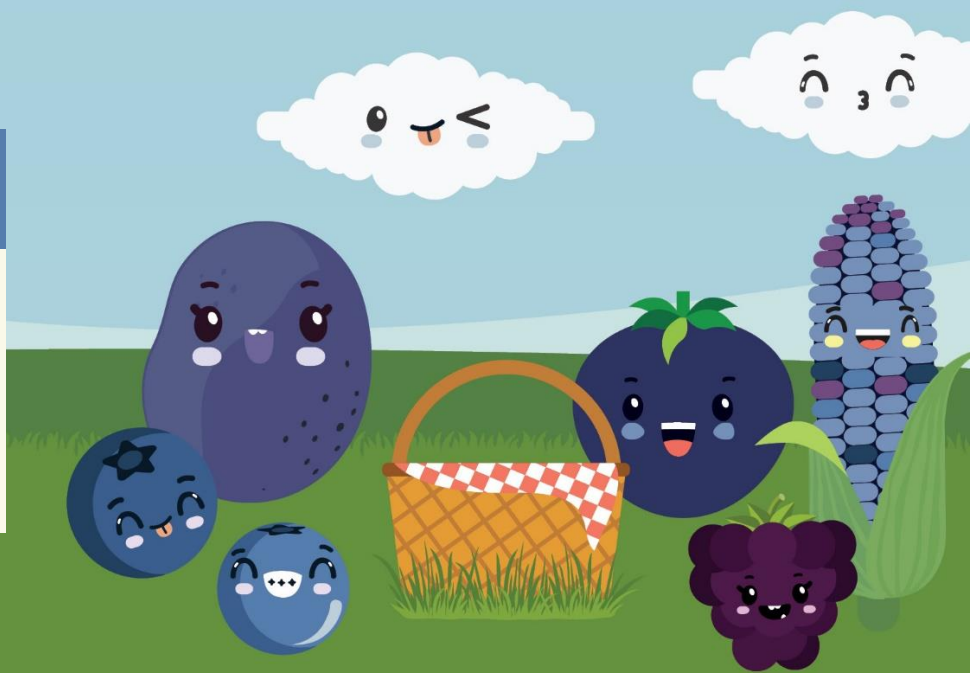
**North Stonington Elementary  
Breakfast and Lunch Menu**

**May 5<sup>th</sup>- National Lunch Hero Day**  
**May 30<sup>th</sup>- National Burger Day**

Contact: Monique Herard- Foodservice Director  
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ACE'S CORNER

Breakfast Prices   Lunch Prices  
Meals are free until the end of June



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Benefit Bar 01</b> Apple, 100% Fruit Juice <hr/> 1. Chicken Patty Sandwich 2. Turkey Sub w/ Lettuce 3. Pretzel, Yogurt, & Cheese Fun Lunch Peas & Carrots	<b>Sausage &amp; Cheese Sandwich 02</b> Raisins, 100% Fruit Juice <hr/> 1. Pasta w/ Meatballs 2. Hamburger or Cheeseburger 3. Garden Salad w/ Cheese & Roll Broccoli	<b>Oatmeal Bar w/ String Cheese 03</b> Orange, 100% Fruit Juice <hr/> 1. Mini French Toast w/ Omelet 2. Turkey Sub w/ Lettuce 3. Pretzel, Yogurt, & Cheese Fun Lunch Smiley Fries	<b>Mini Waffles 04</b> Diced Pears, 100% Fruit Juice <hr/> 1. Soft Shell Beef Tacos 2. Garden Salad w/ Cheese & Roll 3. Pretzel, Yogurt, & Cheese Fun Lunch Chickpea Salad	<b>Cereal Bar w/ Yogurt 05</b> Banana, 100% Fruit Juice <hr/> 1. Pizza Sticks w/ Marinara 2. Turkey Sub w/ Lettuce 3. Pretzel, Yogurt, & Cheese Fun Lunch Red Pepper Strips, Sour Applesauce
<b>Muffin w/ String Cheese 08</b> Applesauce, 100% Fruit Juice <hr/> 1. Corn Dog 2. Chicken Patty Sandwich 3. Flatbread Pizza Fun Lunch Tater Tots	<b>Egg &amp; Cheese Sandwich 09</b> Craisins, 100% Fruit Juice <hr/> 1. Hamburger or Cheeseburger 2. Chicken Nacho Salad w/ Tortilla Chips 3. Flatbread Pizza Fun Lunch Celery Sticks	<b>Cinni Mini 10</b> Orange, 100% Fruit Juice <hr/> 1. Mini Waffles w/ Sausage 2. Ham Sandwich w/ Lettuce 3. Flatbread Pizza Fun Lunch Red Pepper Strips	<b>Mini French Toast 11</b> Mixed Fruit, 100% Fruit Juice <hr/> 1. Chicken Nuggets w/ Biscuit 2. Chicken Nacho Salad w/ Tortilla Chips 3. Flatbread Pizza Fun Lunch Vegetarian Baked Beans	<b>Banana Bread 12</b> Apple, 100% Fruit Juice <hr/> 1. Cheese Pizza 2. Ham Sandwich w/ Lettuce 3. Chicken Nacho Salad w/ Tortilla Chips Caesar Side Salad
<b>Benefit Bar 15</b> Apple, 100% Fruit Juice <hr/> 1. Chicken Tenders w/ Roll 2. Turkey & Cheese Sub 3. Pretzel, Yogurt, & Cheese Fun Lunch Mashed Potato	<b>Sausage &amp; Cheese Sandwich 16</b> Diced Peaches, 100% Fruit Juice <hr/> 1. Meatball Sub 2. Popcorn Chicken Salad w/Roll 3. Pretzel, Yogurt, & Cheese Fun Lunch Green Pepper Strips	<b>Cinnamon Roll 17</b> Craisin, 100% Fruit Juice <hr/> 1. Mini French Toast w/ Omelet 2. Turkey & Cheese Sub 3. Pretzel, Yogurt, & Cheese Fun Lunch Baby Carrots	<b>Mini Waffles 18</b> Diced Pears, 100% Fruit Juice <hr/> 1. Beef & Cheese Nachos 2. Popcorn Chicken Salad w/ Roll 3. Pretzel, Yogurt, & Cheese Fun Lunch Campfire Beans	<b>Cereal Bar w/ String Cheese 19</b> Raisins, 100% Fruit Juice <hr/> 1. Pepperoni Pizza 2. Turkey & Cheese Sub 3. Pretzel, Yogurt, & Cheese Fun Lunch Cucumber Coins
<b>Muffin w/ String Cheese 22</b> Applesauce, 100% Fruit Juice <hr/> 1. Chicken Patty Sandwich 2. Ham & Cheese Sub 3. Fruit & Cheese Plate w/ Goldfish Green Beans	<b>Egg &amp; Cheese Sandwich 23</b> Diced Pears, 100% Fruit Juice <hr/> 1. Hamburger or Cheeseburger 2. Chicken Caesar Salad w/ Roll 3. Fruit & Cheese Plate w/ Goldfish Grape Tomatoes	<b>Pumpkin Bread 24</b> Orange, 100% Fruit Juice <hr/> 1. Turkey & Cheese Sub 2. Ham & Cheese Sub 3. Fruit & Cheese Plate w/ Goldfish Celery Sticks	<b>Mini French Toast 25</b> Diced Peaches, 100% Fruit Juice <hr/> 1. Chicken Nuggets w/ Roll 2. Chicken Caesar Salad w/ Roll 3. Fruit & Cheese Plate w/ Goldfish Vegetarian Baked Beans	<b>Pop Tart w/ Yogurt 26</b> Banana, 100% Fruit Juice <hr/> 1. Pizza 2. Ham & Cheese Sub 3. Fruit & Cheese Plate w/Goldfish Spinach Salad w/ Balsamic Dressing
No School 29 	<b>Muffin w/ String Cheese 30</b> Apple, 100% Fruit Juice <hr/> 1. Bacon Cheeseburger 2. Italian Salad w/ Roll 3. Pizza Bagel Fun Lunch Baby Carrots	<b>Cinni Minis 31</b> Diced Pears, 100% Fruit Juice <hr/> 1. Mini French Toast w/ Omelet 2. Turkey & Cheese Sandwich 3. Pizza Bagel Fun Lunch Hash Browns	<b>Sausage &amp; Cheese Sandwich 01</b> Craisins, 100% Fruit Juice <hr/> 1. Beef & Cheese Nachos 2. Italian Salad w/ Roll 3. Pizza Bagel Fun Lunch BBQ Black Beans	<b>Cereal Bar w/ String Cheese 02</b> Diced Peaches, 100% Fruit Juice <hr/> 1. Cheese Pizza 2. Turkey & Cheese Sandwich 3. Bagel w/ Cream Cheese, Yogurt, & String Cheese Fun Lunch Broccoli



# 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.