

MAY 2022

ALL FIRST BREAKFAST AND LUNCH ARE FREE

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Food Service is Hiring!

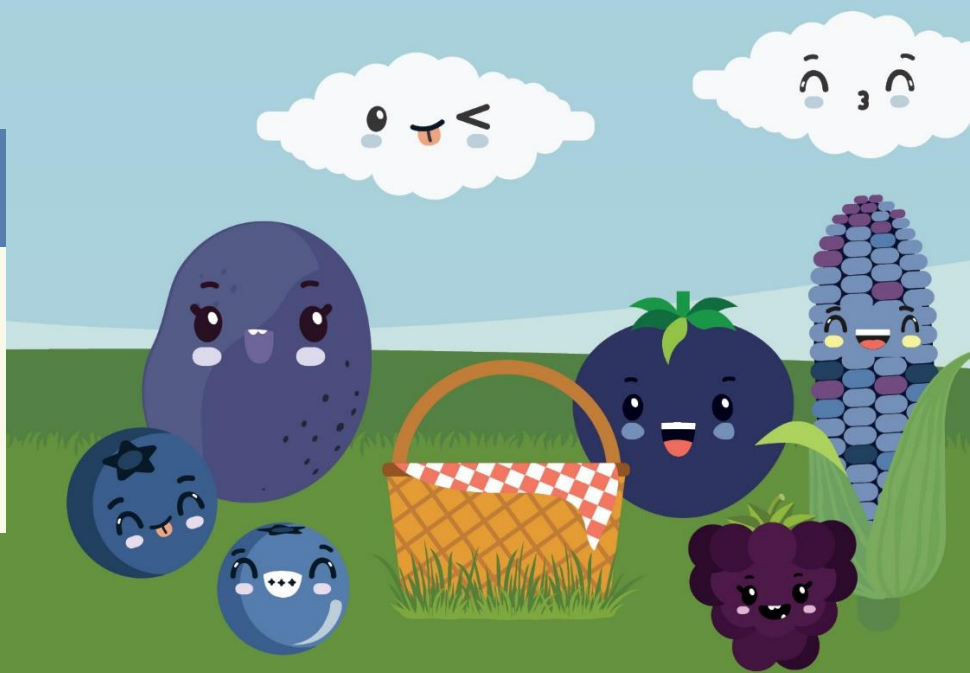
Work While Kids are in School

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ACE'S CORNER



All meals are served with a choice of 1% White or FF Chocolate Milk

Vegetarian entrees are written in green

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Muffin & String Cheese Banana and Juice 02</p> <hr/> <p>A- Cheese Pizza B- Crunchy Chicken Tacos Chipotle Black Beans and Corn Salsa Fresh Fruit Assortment</p>	<p>Breakfast Bar & Scooby Snacks Orange and Juice 03</p> <hr/> <p>A- Beef Nachos B- <i>Pizza Sticks w/ Marinara Sauce</i> French Fries and Cucumber Slices Fresh Fruit Assortment</p>	<p>Cereal & Graham Cracker Applesauce and Juice 04</p> <hr/> <p>A- Chicken Patty Sandwich B- <i>Sunbutter & Jelly Sandwich</i> Steamed Corn and Celery Sticks Fresh Fruit Assortment</p>	<p>WG Muffin & String Cheese Whole Apple and Juice 05</p> <hr/> <p>A- <i>Pizza Sticks with Marinara</i> B- Homemade Chili w/ Crackers Green Beans and Baby Carrots Fresh Fruit Assortment</p>	<p>Ultimate Breakfast Round Craisins and Juice 06</p> <hr/> <p>A- <i>Cheese Pizza</i> B- Turkey & Cheese Sandwich Steamed Broccoli and Cucumber Slices Fresh Fruit Assortment</p>
<p>Cinnamon Cream Cheese Bagel Fresh Orange and Juice 09</p> <hr/> <p>A- Cheeseburger B- <i>Pizza Sticks w/ Marinara Sauce</i> French Fries and Cucumbers Fresh Fruit Assortment</p>	<p>Scooby Snacks & Yogurt Fresh Apple and Juice 10</p> <hr/> <p>A- Spaghetti and Meatballs B- <i>Cheese Pizza</i> Steamed Broccoli and Baby Carrots Fresh Fruit Assortment</p>	<p>WG Banana Bread Applesauce and Juice 11</p> <hr/> <p>A- Chicken and Waffle Sandwich B- <i>MYO Pizza Pack</i> Steamed Green Beans and Celery Sticks Fresh Fruit Assortment</p>	<p>Nutri Grain Bar & Goldfish Fresh Banana and Juice 12</p> <hr/> <p>A- <i>Egg & Cheese Muffin Melt</i> B- Turkey & Cheese Sandwich Black Beans and Corn Salsa Fresh Fruit Assortment</p>	<p>Cereal Bar & String Cheese Craisins and Juice 13</p> <hr/> <p>A- Chicken Nuggets with WG Pretzel Rod B- <i>Sunbutter & Jelly Sandwich</i> Tater Tots and Cucumbers Fresh Fruit Assortment</p>
<p>WG Banana Bread Applesauce and Juice 16</p> <hr/> <p>A- French Toast and Sausage B- <i>Cheese Pizza</i> French Fries and Baby Carrots Fresh Fruit Assortment</p>	<p>Filled Crescent Fresh Apple and Juice 17</p> <hr/> <p>A- Turkey & Cheese Sandwich B- Chicken Tenders w/ Roll Corn and Celery Sticks Fresh Fruit Assortment</p>	<p>Cereal & Graham Cracker Fresh Orange and Juice 18</p> <hr/> <p>A- Beef Nachos B- <i>Pizza Sticks with Marinara Sauce</i> French Fries and Cucumbers Fresh Fruit Assortment</p>	<p>WG Muffin & String Cheese Fresh Banana and Juice 19</p> <hr/> <p>A- <i>Cheese Pizza</i> B- Crunchy Chicken Tacos Black Beans and Corn Salsa Fresh Fruit Assortment</p>	<p>Pop Tart & Yogurt Craisins and Juice 20</p> <hr/> <p>A- Fish Patty Melt B- <i>Grilled Cheese</i> Green Beans and Baby Carrots Fresh Fruit Assortment</p>
<p>Banana Chocolate Chip Breakfast Round Fresh Orange and Juice 23</p> <hr/> <p>A- Beef Tacos B- <i>MYO Pizza Pack</i> Black Beans and Cucumbers Fresh Fruit Assortment</p>	<p>Cereal & String Cheese Fresh Pear and Juice 24</p> <hr/> <p>A- <i>Cheese Pizza</i> B- Turkey Melt Tater Tots and Side Salad Fresh Fruit Assortment</p>	<p>Muffin & Yogurt Fresh Banana and Juice 25</p> <hr/> <p>A- Chicken Nuggets with WG Pretzel B- <i>Yogurt Muffin Snack Pack</i> French Fries and Baby Carrots Fresh Fruit Assortment</p>	<p>Pop Tart & String Cheese Fresh Apple and Juice 26</p> <hr/> <p>A- <i>Pizza Sticks with Marinara</i> B- Corn dog Green Beans and Cucumbers Fresh Fruit Assortment</p>	<p>WG Banana Bread Fresh Fruit Assortment 27</p> <hr/> <p>A- Hot Dog B- <i>Macaroni and Cheese</i> Steamed Broccoli and Baby Carrots Fresh Fruit Assortment</p>
<p>NO SCHOOL 30</p>	<p>Cereal w/ Scooby Snacks Assorted Fruits and Juice 31</p> <hr/> <p>Hot Dog Assorted Fresh Vegetables & Fruits</p>	<p>Pop Tart w/ String Cheese Assorted Fruits and Juice 01</p> <hr/> <p>Chicken Patty Sandwich Assorted Fresh Vegetables & Fruits</p>	<p>Ultimate Breakfast Round Assorted Fruits and Juice 02</p> <hr/> <p>Cheeseburger Assorted Fresh Vegetables & Fruits</p>	<p>03</p>

MAYO 2022

TODOS LOS PRIMEROS DESAYUNOS Y ALMUERZOS SON GRATUITOS

**¡¡Actualmente contratando!!
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ACE'S CORNER



Todas las comidas se sirven con una selección de 1% de leche blanca o ff con chocolate

Vegetarian entrees are written in green

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>02 Magdalena y queso de hebras Plátano y jugo</p> <hr/> <p>A- Pizza de queso B- Tacos de pollo crujientes Salsa de Frijoles Negros y Maíz con Chipotle Surtido de frutas frescas</p>	<p>03 Barra de desayuno y galletas Scooby Naranja y jugo</p> <hr/> <p>A- Nachos de Carne B- Palitos de pizza con marinara Papas fritas y rodajas de pepino Surtido de frutas frescas</p>	<p>04 Cereal y Galleta Graham Puré de manzana y jugo</p> <hr/> <p>A- Hamburguesa de pollo B- Sandwich de mermelada y mantequilla de semilla de jirazol Maíz al vapor y pilitos de apio Surtido de frutas frescas</p>	<p>05 Magdalena y queso de hebras Manzana entera y jugo</p> <hr/> <p>A- Palitos de pizza con Marinara B- Chili casero con galletas saladas Ejotes y zanahorias baby Surtido de frutas frescas</p>	<p>06 Ronda de desayuno definitiva Arandanos y jugo</p> <hr/> <p>A- Pizza de queso B- Sándwich de pavo y queso Brócoli al vapor y rodajas de pepino Surtido de frutas frescas</p>
<p>09 Queso crema de canela Bagel Naranja fresca y jugo</p> <hr/> <p>A- Hamburguesa con queso B- Palitos de pizza con salsa Marinara Papas fritas y pepinos Surtido de frutas frescas</p>	<p>10 Galletas Scooby & Yogur Manzana fresca y jugo</p> <hr/> <p>A- Espaguetis y albóndigas B- Pizza de queso Brócoli al vapor y zanahorias baby Surtido de frutas frescas</p>	<p>11 WG Pan de Plátano Puré de manzana y jugo</p> <hr/> <p>A- Sándwich de pollo y waffles B- Paquete de pizza Ejotes al vapor y palitos de apio Surtido de frutas frescas</p>	<p>12 Barra de grano nutritivo y Goldfish Plátano fresco y jugo</p> <hr/> <p>A- Sandwich de huevo y queso B- Sándwich de pavo y queso Salsa de Frijoles Negros y Maíz Surtido de frutas frescas</p>	<p>13 Barra de cereales y queso de hebras Aranadanos y jugo</p> <hr/> <p>A- Nuggets de pollo con y panecillo B- Sandwich de mermelada y mantequilla de semilla de jirazol Tater Tots y pepinos Surtido de frutas frescas</p>
<p>16 WG Pan de Plátano Puré de manzana y jugo</p> <hr/> <p>A- Tostadas francesas y salchichas B- Pizza de queso Papas fritas y zanahorias baby Surtido de frutas frescas</p>	<p>17 Media Luna Llena Manzana fresca y jugo</p> <hr/> <p>A- Sándwich de pavo y queso B- Tenders de pollo con panecillos Palitos de maíz y apio Surtido de frutas frescas</p>	<p>18 Cereal y galletas graham Naranja fresca y jugo</p> <hr/> <p>A- Nachos de carne B- Palitos de pizza con salsa Marinara Papas fritas y pepinos Surtido de frutas frescas</p>	<p>19 Magdalena y queso de hebras Plátano fresco y jugo</p> <hr/> <p>A- Pizza de queso B- Tacos de pollo crujientes Salsa de Frijoles Negros y Maíz Surtido de frutas frescas</p>	<p>20 Pop Tart y yogur Arandanos secos y jugo</p> <hr/> <p>A- Sandwich de pescado caliente B- Sandwich de queso a la parrilla Ejotes y zanahorias baby Surtido de frutas frescas</p>
<p>23 Ronda de desayuno con chispas chocolate de plátano Fresh Orange and Juice</p> <hr/> <p>A- Tacos de carne B- Paquete de pizza Frijoles negros y pepinos Surtido de frutas frescas</p>	<p>24 Cereal y queso de hebras Pera fresca y jugo</p> <hr/> <p>A- Pizza de queso B- Sandwich caliente de pavo Tater Tots y Ensalada de Acompañamiento Surtido de frutas frescas</p>	<p>25 Magdalena y yogur Plátano fresco y jugo</p> <hr/> <p>A- Nuggets de pollo y panecillo B- Paquete de bocadillos de muffin de yogur Papas fritas y zanahorias baby Surtido de frutas frescas</p>	<p>26 Pop Tart y queso de hebras Manzana fresca y jugo</p> <hr/> <p>A- Palitos de pizza con Marinara B- Perro de maíz Ejotes y pepinos Surtido de frutas frescas</p>	<p>27 Pan de Plátano Surtido de frutas frescas</p> <hr/> <p>A- Hot Dog B- Macarrones con queso Brócoli al vapor y zanahorias baby Surtido de frutas frescas</p>
<p>30 NO HAY ESCUELA</p>	<p>31 Cereal y Galletas Scooby Frutas frescas y jugos</p> <hr/> <p>Hot Dog Verduras y frutas frescas variadas</p>	<p>01 Poptart y queso de cuerda Frutas y jugos variados</p> <hr/> <p>Hamburguesa de pollo Verduras y frutas frescas variadas</p>	<p>02 Ultimate Breakfast Round Frutas y jugos variados</p> <hr/> <p>Hamburguesa con queso Verduras y frutas frescas variadas</p>	<p>03</p>

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:

1. Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
2. In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
3. Pour the honey mixture over the berries and toss gently to coat.
4. 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.