

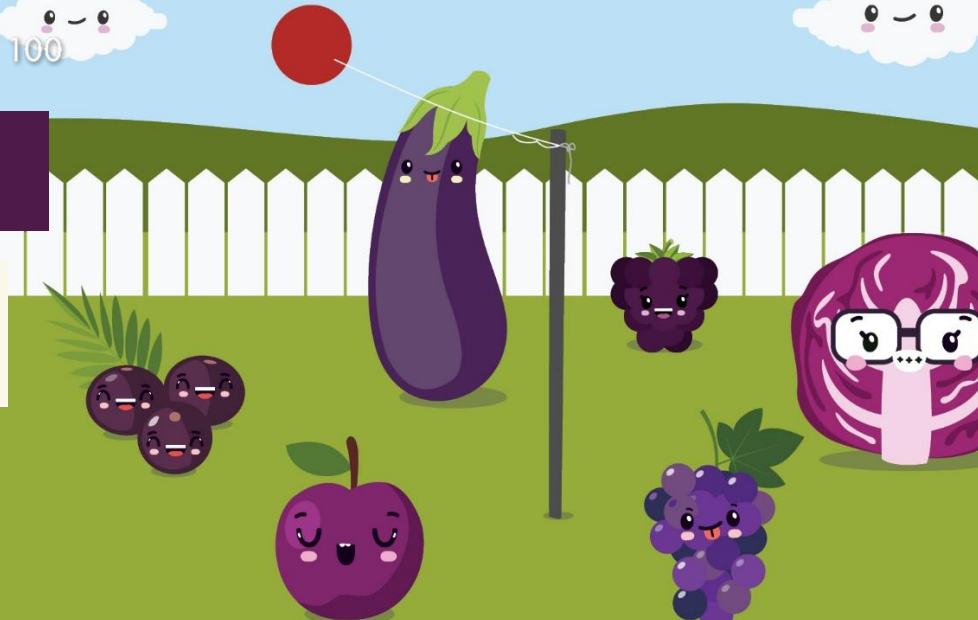


# SEPTEMBER 2022

Breakfast & Lunch is **FREE** for all students



ACE'S CORNER



Sun Butter & Jelly Sandwich offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Strawberry Nutri Grain Bar Yogurt <b>01</b>	Donut Holes <b>02</b>
			Crunchy Beef Tacos Steamed Green Peas Assorted Fresh Fruits & Veggies	Pancakes & Sausage French Fries Assorted Fresh Fruits & Veggies
<b>05</b>	Banana Muffin Goldfish Crackers <b>06</b>	Cinnamon Toast Crunch String Cheese <b>07</b>	Bagel Graham Crackers <b>08</b>	Donut Holes <b>09</b>
	Crunchy Chicken Tacos Black Beans Assorted Fresh Fruits & Veggies	Chicken Nuggets & Roll French Fries Assorted Fresh Fruits & Veggies	Chicken Tenders w/ Mac & Cheese Steamed Green Beans Assorted Fresh Fruits & Veggies	Cheese Pizza French Fries Assorted Fresh Fruits & Veggies
Maple Waffles <b>12</b>	Chocolate Chip Muffin Graham Crackers <b>13</b>	Golden Grahams Yogurt <b>14</b>	Fudge Pop Tart Cheezits <b>15</b>	Donut Holes <b>16</b>
Hot Dog Steamed Corn Assorted Fresh Fruits & Veggies	Turkey & Cheese Melt Refried Beans Assorted Fresh Fruits & Veggies	Grilled Cheese Sandwich French Fries Assorted Fresh Fruits & Veggies	Chicken Penne Alfredo Steamed Green Peas Assorted Fresh Fruits & Veggies	Buffalo Chicken Wrap French Fries Assorted Fresh Fruits & Veggies
Berry French Toast <b>19</b>	Cocoa Puff Bar Cheezits <b>20</b>	Trix Cereal String Cheese <b>21</b>	Blueberry Nutri Grain Bar Graham Crackers <b>22</b>	Donut Holes <b>23</b>
Cheeseburger Steamed Corn Assorted Fresh Fruits & Veggies	Chicken Nachos Black Beans Assorted Fresh Fruits & Veggies	Chicken Tenders & Roll French Fries Assorted Fresh Fruits & Veggies	Spaghetti & Meatballs Steamed Green Beans Assorted Fresh Fruits & Veggies	Pepperoni Pizza French Fries Assorted Fresh Fruits & Veggies
Mini Strawberry Bagels <b>26</b>	Chocolate Chip Muffin Graham Crackers <b>27</b>	Cheerios String Cheese <b>28</b>	Cocoa Puff Cereal Bar Yogurt <b>29</b>	Donut Holes <b>30</b>
BBQ Chicken Drumstick Steamed Corn Assorted Fresh Fruits & Veggies	Crunchy Beef Tacos Black Beans Assorted Fresh Fruits & Veggies	Popcorn Chicken & Roll French Fries Assorted Fresh Fruits & Veggies	Orange Chicken & Rice Steamed Carrots Assorted Fresh Fruits & Veggies	Bosco Sticks French Fries Assorted Fresh Fruits & Veggies

# 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.