

MAY 2023

--Breakfast Menu--

Breakfast is **FREE**
for all students!

ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Belly Bears & Cheese Cubes Fresh Apple Fruit Juice	02 Ubr Round Fresh Banana Fruit Juice	03 Golden Grahams Cereal & String Cheese Fresh Orange Fruit Juice	04 Ubr Round Fresh Apple Fruit Juice	05 Animal Crackers & String Cheese Applesauce Fruit Juice
08 Pop Tart & String Cheese Fresh Apple Fruit Juice	09 Ubr Round Applesauce Fruit Juice	10 Maple Mini Waffles Fresh Orange Fruit Juice	11 Ubr Round Fresh Banana Fruit Juice	12 Strawberry Cheerio Bar & String Cheese Fresh Apple Fruit Juice
15 Ubr Round Applesauce Fruit Juice	16 Cinnamon Toast Crunch Cereal & String Cheese Fresh Orange Fruit Juice	17 Ubr Round Fresh Banana Fruit Juice	18 Cocoa Puff Cereal Bar & String Cheese Fresh Apple Fruit Juice	19 Belly Bears & Cheese Cubes Fresh Apple Fruit Juice
22 Cereal & String Cheese Fresh Apple Fruit Juice	23 Ubr Round Applesauce Fruit Juice	24 Maple Mini Waffles Fresh Orange Fruit Juice	25 Ubr Round Fresh Banana Fruit Juice	26 Strawberry Cheerio Bar & String Cheese Fresh Apple Fruit Juice
29 No School	30 Ubr Round Fresh Apple Fruit Juice	31 Animal Crackers & String Cheese Applesauce Fruit Juice		

MAYO 2023

-Menu Desayuno-

El desayuno es
GRATIS para todos los
estudiantes



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Belly Bears & Cubos de queso Manzana fresca Jugo de fruta	02 Barra UBR Plátano fresco Jugo de fruta	03 Cereal Golden Grahams y Queso en tiras Naranja fresca Jugo de fruta	04 Barra Ubr Manzana fresca Jugo de fruta	05 Galletas de animalitos y Queso en tiras Pure de manzana Jugo de fruta
08 Cereal y Queso en tiras Manzana fresca Jugo de fruta	09 Barra Ubr Pure de manzana Jugo de fruta	10 Mini waffles Naranja fresca Jugo de fruta	11 Barra UBR Plátano fresco Jugo de fruta	12 Fresa Barra Cheerios & Queso en tiras Manzana fresca Zumo de fruta
15 Barra Ubr Pure de manzana Jugo de fruta	16 Cereal Cinnamon Toast Crunch y Queso en tiras Naranja fresca Jugo de fruta	17 Barra Ubr Plátano fresco Jugo de fruta	18 Barra de Cereal Cocoa Puff y Queso en tiras Manzana fresca Jugo de fruta	19 Galletas de ositos y Cubos de queso Manzana fresca Jugo de fruta
22 Cereal y Queso en tiras Manzana fresca Jugo de fruta	23 Barra Ubr Pure de manzana Jugo de fruta	24 Mini waffles de arce Naranja fresca Jugo de fruta	25 Barra Ubr Plátano fresco Jugo de fruta	26 Barra de Cherrio y fresa y Queso en tiras Manzana fresca Jugo de fruta
29 No hay clases	30 Barra Ubr Manzana fresca Jugo de fruta	31 Galletas de animalitos y Queso en tiras pure de manzana Jugo de fruta		

MAY 2023

--Lunch Menu--

Lunch is **FREE**
for all students!

ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Corn Dog Cheeseburger French Fries Fruit Juice	02 Grilled Cheese Chicken Nuggets w/ Dinner Roll Steamed Carrots Fruit Juice	03 Hotdog Beef Nachos Black Beans Fruit Juice	04 Mac & Cheese & Chicken Tenders Pizza Pack French Fries Fresh Pear	05 Cheese Pizza Chicken Patty Sandwich French Fries Fruit Juice
08 Crunchy Beef Tacos Turkey & Cheese Melt French Fries Fruit Juice	09 Beef Nachos Turkey & Cheese Sandwich Steamed Corn Fresh Apple	10 Chicken Patty Sandwich Grilled Cheese Sandwich Steamed Carrots Fruit Juice	11 Chicken Quesadilla Pizza Max Sticks French Fries Fresh Pear	12 Cheese Pizza Hotdog French Fries Fruit Juice
15 Beef Nachos French Fries Fruit Juice	16 Chicken Nuggets w/Dinner Roll Steamed Carrots Fruit Juice	17 Crunchy Beef Tacos Black Beans Fruit Juice	18 Mac & Cheese & Chicken Tenders French Fries Fresh Pear	19 Cheese Pizza French Fries Fruit Juice
22 Turkey & Cheese Melt French Fries Fruit Juice	23 Pizza Max Sticks Steamed Corn Fresh Pear	24 Chicken Patty Sandwich Steamed Carrots Fruit Juice	25 Beef Nachos Black Beans Fruit Juice	26 Cheese Pizza French Fries Fruit Juice
29 No School	30 Pizza Max Sticks French Fries Fruit Juice	31 Chicken Nuggets w/ Dinner Roll French Fries Fruit Juice		

MAYO 2023

-MENÚ DE ALMUERZO-

El almuerzo es
GRATIS para todos
los estudiantes



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 Hot Dog de maíz Hamburguesa con queso Papas fritas Jumo de fruta	02 Queso a la parrilla Nuggets de pollo con rollo de cena Zanahorias al vapor Jugo de fruta	03 Hot Dog Nachos de carne Frijoles Negros Jugo de fruta	04 Mac & Queso Tenders de pollo Pizza Pack Papas fritas Pera fresca	05 Hamburguesa de pollo Pizza de queso Papas fritas Jugo de fruta
08 Tacos de ternera crujientes Sandwich de pavo y queso a la parrilla Papas fritas Jugo de fruta	09 Sándwich de pavo y queso Nachos de carne Maíz al vapor Manzana fresca	10 Sándwich de queso a la parrilla Hamburguesa de pollo Zanahorias al vapor Zumo de fruta Fruit Juice	11 Quesadilla de pollo Palitos de Pizza Max Papas fritas Pera fresca	12 Pizza de queso Hot Dog Papas fritas Jugo de fruta
15 Nachos de carne Papas fritas Jugo de fruta	16 Nuggets de pollo con rollo de cena Zanahorias al vapor Jugo de fruta	17 Tacos de carne crujientes Frijoles Negros Jugo de fruta	18 Mac & Queso y tenders de pollo Papas fritas Pera fresca	19 Pizza de queso Papas fritas Jugo de fruta
22 Sandwich de pavo y queso a la parrilla Papas fritas Jugo de fruta	23 Palitos de pizza Max Maíz al vapor Pera fresca	24 Hamburguesa de pollo Zanahorias al vapor Jugo de fruta	25 Nachos de carne Frijoles Negros Jugo de fruta	26 Pizza de queso Papas fritas Jugo de fruta
29 No hay clases	30 Palitos de pizza max Papas fritas Jugo de fruta	31 Nuggets de pollo con rollo de cena Zanahorias al vapor Jugo de fruta		

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



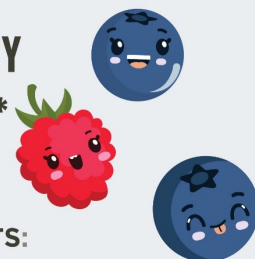
WATERMELON +
CUCUMBER
+ MINT



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.**