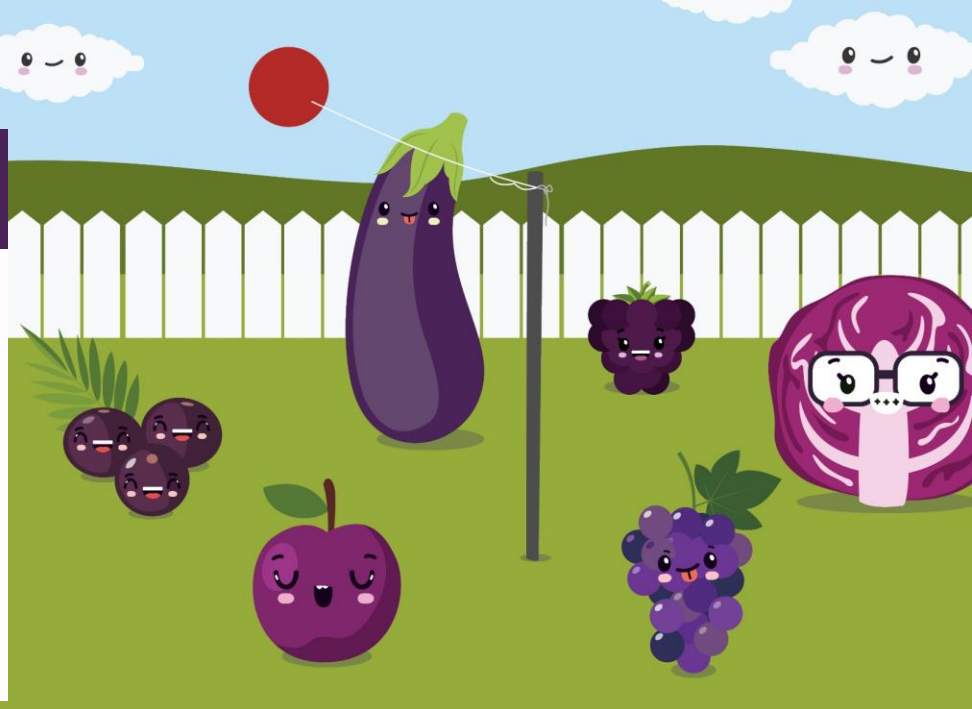


APRIL 2024

Offered Daily at Lunch:

- B. Cool Kids: Yogurt, tring Cheese, Muffin & Cheez-its
- C. Chef's Salad w/ Turkey, Muffin & Cheez-its
- D. EZ Soy Butter & Jelly Jammer, String cheese & Cheez-its – **NEW!!**
- E. Chicken Popper Salad & Graham - **NEW!!**

Breakfast & Lunch are FREE for all students!
Single milk: 0.75 cents



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Crazy Cheesy Bread Green Beans	2	Walking Taco Salsa & Black Beans	3	Chicken Tenders Whole Grain Roll Carrot Coins	4	Mini French Toast w/ Turkey Sausage Patty Tater Tots	5	Bosco Cheese Sticks w/ Marinara Dipping Sauce Spinach & Romaine Salad
8	Turkey Frank on a Whole Grain Hot Dog Bun Baked Beans	9	Beef Nachos <i>Ground beef with cheese sauce & tortilla chips</i> Salsa & Black Beans	10	Sweet & Sour Chicken over Brown Rice Green Beans	11	Mini Confetti Pancakes w/ Turkey Sausage Patty Tater Tots	12	Square Cheese Pizza Spinach & Romaine Salad
15	Cheeseburger on a Whole Grain Bun Green Beans	16	Beef Soft Tacos Salsa & Black Beans	17	Chicken Nuggets Whole Grain Roll Carrot Coins	18	Super Soft Pretzel w/ Cheese Sauce Corn	19	Bosco Cheese Sticks w/ Marinara Dipping Sauce Spinach & Romaine Salad
22	Chicken Corn Dog on a stick Green Beans	23	Walking Taco Salsa & Black Beans	24	Chicken Patty Sandwich on a Whole Grain Bun Carrot Coins	25	Mini Blueberry Waffles w/ Turkey Sausage Patty Tater Tots	26	Square Cheese Pizza Spinach & Romaine Salad
29	Chicken Snack Wraps Green Beans	30	Beef Nachos <i>Ground beef with cheese sauce & tortilla chips</i> Salsa & Black Beans	1	Chicken Tenders Whole Grain Roll Carrot Coins	2	Mini French Toast w/ Turkey Sausage Patty Tater Tots	3	Bosco Cheese Sticks w/ Marinara Dipping Sauce Green Beans

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.