

MAY 2024 TUESDAY PIZZA

Offered Daily at Lunch:

B. Cool Kids: Yogurt, String Cheese, Muffin & Cheez-its

C. Chef's Salad w/ Turkey, Muffin & Cheez-its

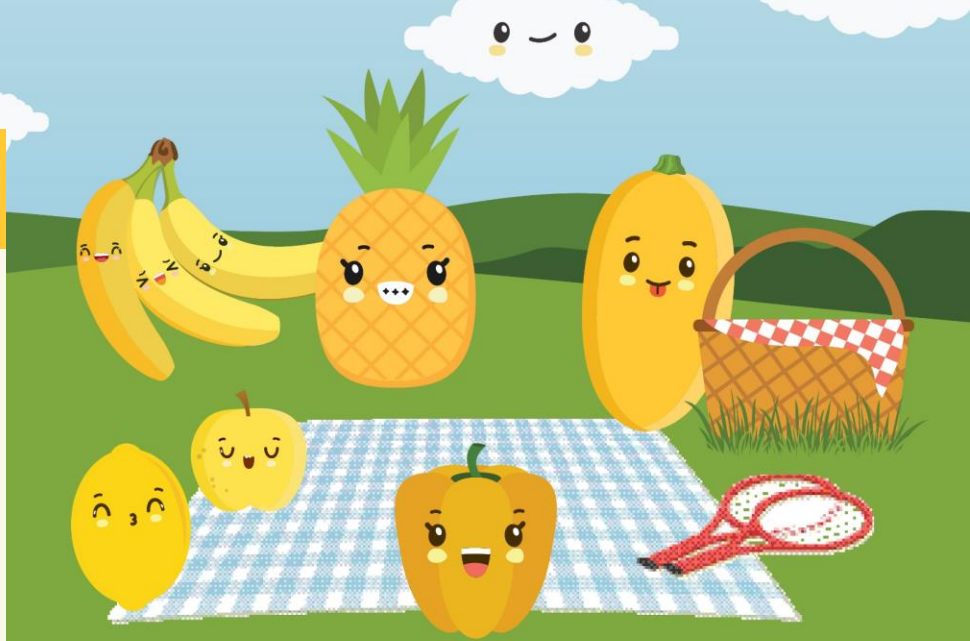
D. EZ Soy Butter & Jelly Jammer, String cheese & Cheez-its

E. Chicken Popper Salad & Graham

Breakfast & Lunch are FREE for all students!

Single milk: 0.75 cents

Second Slice of Pizza: \$2.00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Chicken Tender Snack Wraps Green Beans	30 Domino's Pizza Slice! Spinach & Romaine Salad	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 Spinach & Romaine Salad
6 Cheeseburger on a whole grain bun Spinach & Romaine Salad	7 NON SCHOOL DAY	8 Sweet & Sour Chicken over Brown Rice Carrot Coins	9 Mini Confetti Pancakes w/ Turkey Sausage Patty Tater Tots	10 Super Soft Pretzel w/ Cheese Sauce Green Beans
13 Walking Taco Salsa & Black Beans	14 Domino's Pizza Slice! Spinach & Romaine Salad	15 Chicken Nuggets Whole Grain Roll Carrot Coins	16 Mini Blueberry Waffles w/ String Cheese Tater Tots	17 Chicken Corn Dog on a stick Green Beans
20 Beef Nachos Ground beef with cheese sauce & tortilla chips Salsa & Black Beans	21 Domino's Pizza Slice! Spinach & Romaine Salad	22 Chicken Patty Sandwich on a Whole Grain Bun Carrot Coins	23 Mini French Toast w/ Turkey Sausage Patty Tater Tots	24 Chicken Tender Snack Wraps Green Beans
28 memorial DAY	28 Domino's Pizza Slice! Green Beans	29 Chicken Tenders Whole Grain Roll Carrot Coins	30 Mini Confetti Pancakes w/ Turkey Sausage Patty Tater Tots	31 Bosco Cheese Sticks w/ Marinara Dipping Sauce Spinach & Romaine Salad

YELLOW WORLD

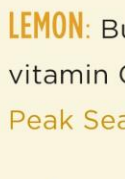
Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include corn, yellow tomatoes, garbanzo beans, bananas, yellow peppers, and egg yolks.

DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



PINEAPPLE: Brimming with vitamin C, calcium, & iron
Peak Season: Apr.-May



LEMON: Bursting with fiber, vitamin C, & potassium
Peak Season: Nov.-Mar.



STARFRUIT: Full of protein, vitamins, & minerals
Peak Season: Aug.-Sep.

CHALLENGE OF THE MONTH: EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! See below for some flavorful suggestions.



STRAWBERRY, BEET,
SPINACH, APPLE JUICE



PINEAPPLE, BANANA,
COCONUT MILK, SPINACH



MANGO, ORANGE JUICE,
CARROT JUICE



ACE'S RECIPE OF THE MONTH:



PINEAPPLE COBLER*

Serves 8

INGREDIENTS:

- 1 cup all-purpose flour
- 1 pinch of salt
- 1 cup sugar
- 1 tablespoon baking powder
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/4 lb.) unsalted butter, melted
- 1 can (20 oz.) pineapple chunks in juice, drained
- Vanilla ice cream or whipped cream (optional)

PREPARATION:

1. Preheat oven to 375°F. In a bowl, mix flour, salt, sugar, baking powder, milk, and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
2. Spread a very thin layer of batter evenly in a 9x13" baking dish and scatter pineapple chunks evenly over batter.
3. Bake 25 minutes or until pineapple has fallen to bottom of pan and top is puffed, golden brown, and springs back slightly when touched in middle. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

***DO NOT attempt cook or chop without adult supervision.**