



May 2022

This institution is an equal opportunity provider.

2 You can always **Pick 2** for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO* of the following: **cereal, string cheese, graham crackers, muffin, Pop Tart or yogurt.**

*No duplicates on cereal or yogurt

ACE'S CORNER

ALL STUDENTS COMPLETE MEALS ARE FREE FOR THE 2021/2022 SCHOOL YEAR. The meal must contain 3 out of 5 components. One must be a 1/2 cup fo a Fruit or Vegetable.



Extra Milk is available for purchase \$0.50

Lowfat Milk and 100% fruit juice offered with Breakfast and Lunch.

**Menus are subject to change without Notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pizza 2 Salisbury Steak/Gravy/Roll Breadstick/Yogurt/Cheese Pack Turkey/Cheese Salad Sub Sandwich Mashed Potatoes, Carrots, Fruit	Waffles 3 Chicken Fillet on a Bun Flatbread Pizza Pack Ham Pizza Salad Sub Sandwich Green Beans, Corn, Fruit	Donut Holes 4 Grilled Cheese Sandwich Blueberry Muffin/Yogurt Pack Breaded Buffalo Chicken Salad Sub Sandwich Fries, Celery, Fruit	Sausage/Cheese Biscuit 5 Cheeseburger on a bun Flatbread Pizza Pack Grilled Chicken Salad Sub Sandwich Baked Beans, Broccoli, Fruit	Cinni Mini 6 Pepperoni Pizza Chocolate Muffin/Yogurt Pack Popcorn Chicken Salad Sub Sandwich Cali Blend, Red Peppers, Fruit
Breakfast Pizza 9 Chicken Nuggets/Gravy/Roll Breadstick/Yogurt/Cheese Pack Turkey/Cheese Salad Sub Sandwich Mashed Potatoes, Corn, Fruit	Jumbo Muffin 10 Hot Dog on a bun Flatbread Pizza Pack Ham Pizza Salad Sub Sandwich Baked Beans, Celery, Fruit	Cinnamon Rolls 11 Bacon Cheeseburger Blueberry Muffin/Yogurt Pack Breaded Buffalo Chicken Salad Sub Sandwich Cole Slaw, Tomatoes, Fruit	Chocolate Crescent roll 12 Beef Soft Taco Flatbread Pizza Pack Grilled Chicken Salad Sub Sandwich Broccoli, Red Peppers, Fruit	Glazed Donut 13 Cheese Pizza Chocolate Muffin/Yogurt Pack Popcorn Chicken Salad Sub Sandwich Carrots, Cucumbers, Fruit
Pancake on a stick 16 Chicken Tenders/Mac-n-Cheese Breadstick/Yogurt/Cheese Pack Turkey/Cheese Salad Sub Sandwich Broccoli, Baby Carrots, Fruit	Chocolate Crescent 17 Corn Dog Flatbread Pizza Pack Ham Pizza Salad Sub Sandwich Baked Beans, Celery, Fruit	Pancakes 18 Loaded Tots w/popcorn chicken Blueberry Muffin/Yogurt Pack Breaded Buffalo Chicken Salad Sub Sandwich Corn, Red Peppers, Fruit	Breakfast Pizza 19 Pancakes and Sausage Flatbread Pizza Pack Grilled Chicken Salad Sub Sandwich Smiley Fries, Cucumbers, Fruit	French Toast Sticks 20 Pepperoni Pizza Chocolate Muffin/Yogurt Pack Popcorn Chicken Salad Sub Sandwich Green Beans, Tomatoes, Fruit
Glazed Donut 23 Loaded Beef Nachos Breadstick/Yogurt/Cheese Pack Turkey/Cheese Salad Sub Sandwich Refried Beans, Carrots, Fruit	Manager's Choice 24 Manager's Choice	Manger's Choice 25 Manager's Choice **North Elementary will only offer a sack lunch for May Day	Manager's Choice 26 Manager's Choice **South Terrace will only offer a sack lunch for May Day	27
30	31			

REACH FOR THE STAR BERRIES!

Another name for blueberries is star berries. Native Americans gave them this name because their blossoms are shaped like a five-pointed star. Perfect on oatmeal, yogurt, and cereal, blueberries are one of the only naturally blue foods and they pack a lot of nutritional punch. Not only are blueberries low in calories—one cup of blueberries contains lots of antioxidants, 3.6 grams of fiber, and 25 percent of the recommended daily amount of vitamin C. Fresh-picked blueberries should always be dusty in color; this dusty substance known as bloom helps keep the berries fresh longer. The U.S. harvests the most blueberries in the world with 10 states growing 98 percent of U.S. blueberries: California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon, and Washington.



DID YOU KNOW?

BLUE FREEZE Blueberries freeze in just four minutes!



DYE-ING TO KNOW

Blueberries can be used as a natural food dye. Legend has it that early American colonists boiled them with milk to make gray paint.

ACE'S JOKE OF THE MONTH



Q. HOW MANY BLUEBERRIES ARE IN A SLICE OF PI?

SEE ANSWER BELOW

ACTIVITY: FLOAT OR FLOATIE?

Depending on their density, some fruits float, while others sink! Circle the three fruits that will sink and need to use a floatie.

SEE ANSWER BELOW



WATERMELON



LEMON



APPLE



AVOCADO



BANANA



MANGO



LIME

