



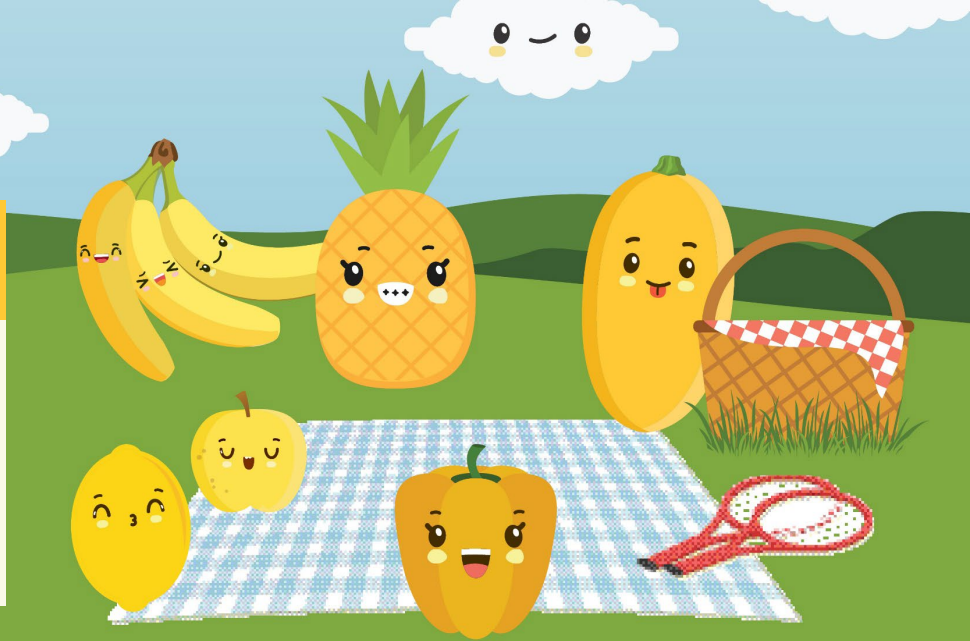
# MAY 2024 Bond Elementary

## More Info...

- All breads are whole grain
- All juice is 100% fruit juice
- Fresh fruits and vegetables served daily
- White or chocolate milk offered each meal



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Breakfast Pizza</b> A. Turkey & Cheese Sandwich B. Pretzel & Cheese w/String Cheese C. SBJ	2 <b>Berry French Toast</b> A. Waffle w/ Sausage B. Ham & Cheese Sandwich C. SBJ	3 <b>Benefit Bar</b> A. Cheese Pizza B. Chicken Nuggets C. SBJ
6 <b>Maple Madness Waffle</b> A. Salisbury Steak w/ roll B. Chicken Tenders C. SBJ	7 <b>Mini Strawberry Bagel</b> A. Mini Corn Dogs B. BBQ Rib C. SBJ	8 <b>Cinnamon Toast Crunch Pastry Bar</b> A. Sloppy Joe B. Popcorn Chicken C. SBJ	9 <b>Lumberjack</b> A. Egg & Cheese Omelet w/ Glazed Donut B. Ham & Cheese Aceable C. SBJ	10 <b>Mini Cinnis Bagel</b> A. Cheese Pizza B. Beef Tacos C. SBJ
13 <b>Mini Pancakes</b> A. Chicken Patty Sliders B. Hot Dog C. SBJ	14 <b>Breakfast Pizza</b> A. Spaghetti & Meat Sauce B. Ham & Cheese Melt C. SBJ	15 <b>Benefit Bar</b> A. Orange Chicken w/ Fried Rice <b>B. ACE Cheeseburger</b> C. SBJ	16 <b>Frudel</b> A. French Toast & Sausage B. Beef Nachos C. SBJ	17 <b>Lumberjack</b> A. Pepperoni Pizza B. Grilled Chicken Sandwich C. SBJ
20 <b>Variety</b> A. Mini Corn Dogs B. Chicken Nuggets C. SBJ	21  <b>SCHOOL'S OUT FOR SUMMER</b>	22	23	24
27  <b>MEMORIAL DAY</b>	28	29	30	31

# YELLOW WORLD

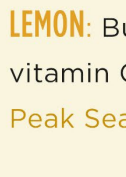
Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this 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.**