

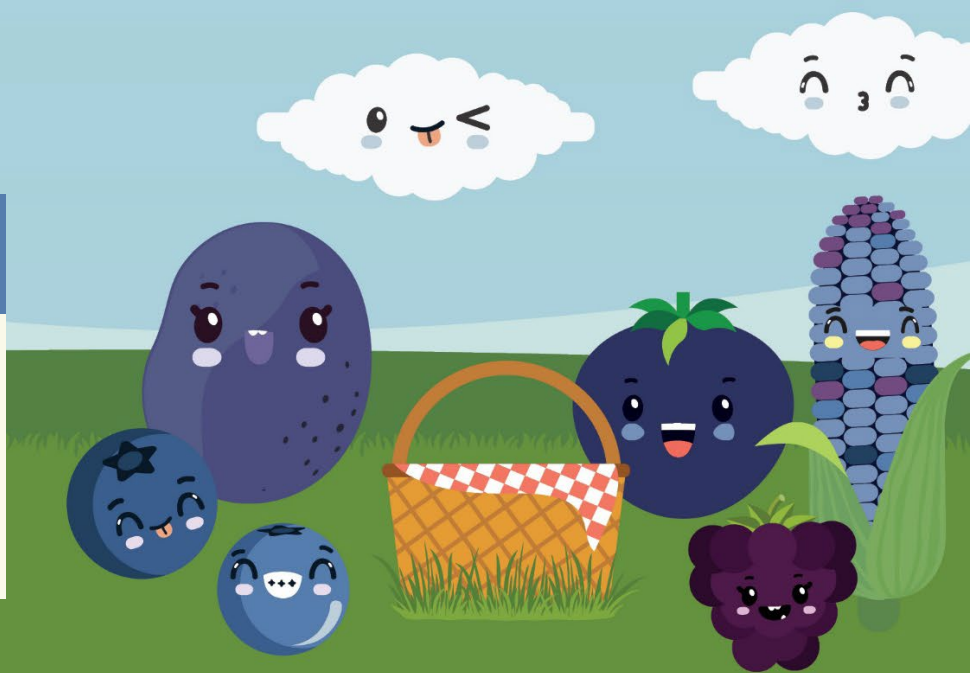
MAY 2026 Bond



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 Breakfast Bread Assorted Cereal A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
4 Confetti Pancakes Assorted Cereal A. A. Mini Corn Dogs B. Chicken Nuggets C. Sun Butter & Jelly	5 Mini Cinnamon Rolls Assorted Cereal A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub	6 Oatmeal Chocolate Chip Bar Assorted Cereal A. Chicken Tenders w/ Fresh Garlic Breadstick B. Chili C. Sun Butter & Jelly	7 Trix French Toast Assorted Cereal A. Lumberjack B. Grilled Cheese C. Ham Chef Salad	8 Wild Blueberry Snack'n Waffles Assorted Cereal A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
11 Breakfast Bread Assorted Cereal A. Italian Dunkers B. Popcorn Chicken C. Sun Butter & Jelly	12 Mini Cinnamon Cream Cheese Bagel Assorted Cereal A. Salisbury Steak B. Hot Dog C. Ham & Cheese Sub	13 Donut Assorted Cereal A. Chicken Patty Sandwich B. Cheeseburger C. Sun Butter & Jelly	14 Apple Frudel Assorted Cereal A. French Toast Sticks w/ Sausage B. Bean & Cheese Burrito C. Popcorn Chicken Salad	15 Benefit Bar Assorted Cereal A. Pepperoni Pizza B. Cheese Pizza B. Sun Butter & Jelly
18 Variety Breakfast Assorted Cereal A. Bosco Sticks B. Popcorn Chicken C. Sun Butter & Jelly	19 Variety Breakfast Assorted Cereal A. Beef Nachos B. Chicken Tenders C. Turkey & Cheese Sub	20 Variety Breakfast Assorted Cereal A. Hamburger B. Hot Dog C. Sun Butter & Jelly	21 	22
25 	26	27 Enjoy your Summer!!!	28	29

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



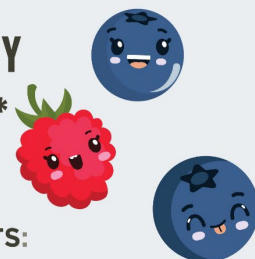
WATERMELON + CUCUMBER + MINT



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.