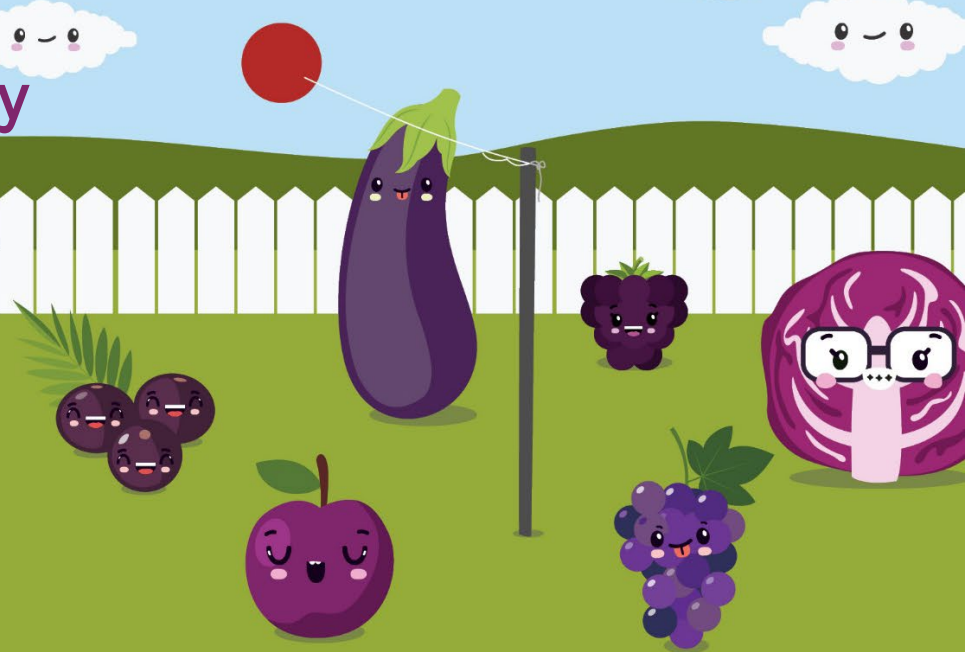


SEPTEMBER 2025

## 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>HAPPY LABOR DAY</b>	2 <u>Mini Cinnamon Rolls</u> <u>Assorted Cereal</u>  A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub	3 <u>Oatmeal Chocolate Chip Bar</u> <u>Assorted Cereal</u>  A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Sun Butter & Jelly	4 <u>Yogurt w/ Giant Vanilla Goldfish Graham</u> <u>Assorted Cereal</u>  A. Lumberjack B. Grilled Cheese C. Ham Chef Salad	7 <u>Wild Blueberry Snack'n Waffles</u> <u>Assorted Cereal</u>  A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
8 <u>Yogurt w/ Animal Crackers</u> <u>Assorted Cereal</u>  A. Italian Dunkers B. Popcorn Chicken C. Sun Butter & Jelly	9 <u>Mini Cinnamon Cream Cheese Bagel</u> <u>Assorted Cereal</u>  A. Salisbury Steak B. Hot Dog C. Three Cheese Sub	10 <u>Donut Holes</u> <u>Assorted Cereal</u>  A. Chicken & Vegetable Dumplings w/ White Rice B. Cheeseburger C. Sun Butter & Jelly	11 <u>Apple Frudel</u> <u>Assorted Cereal</u>  A. French Toast Sticks w/ Sausage Link B. Bean & Cheese Burrito C. Popcorn Chicken Salad	12 <u>Banana Chocolate Bar</u> <u>Assorted Cereal</u>  A. Pepperoni Pizza B. Cheese Pizza B. Sun Butter & Jelly
15 <u>Chocolate Chip Breakfast Round</u> <u>Assorted Cereal</u>  A. Bosco Sticks B. Hamburger C. Sun Butter & Jelly	16 <u>Vanilla Confetti Snack'n Waffles</u> <u>Assorted Cereal</u>  A. Beef Nachos B. Chicken Tenders C. Turkey & Cheese Sub	17 <u>Trix French Toast</u> <u>Assorted Cereal</u>  	18 <u>Lumberjack</u> <u>Assorted Cereal</u>  A. Glazed Donut w/ Cheese Omelet B. Chicken Nuggets C. Italian Salad	19 <u>Cinnamon Bun Crackers</u> <u>Assorted Cereal</u>  A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
22 <u>Strawberry Nutri-Grain Bar</u> <u>Assorted Cereal</u>  A. Meatball Sub B. Corn Dog B. Sun Butter & Jelly	23 <u>Sausage, Egg &amp; Cheese Breakfast Burrito</u> <u>Assorted Cereal</u>  A. Horseshoe B. Hot Dog C. Three Cheese Sub	24 <u>Mini Strawberry Cream Cheese Bagel</u> <u>Assorted Cereal</u>  A. Honey Stung Popcorn Chicken w/ Biscuit B. Chicken Patty Sandwich C. Sun Butter & Jelly	25 <u>Cinnamon Toast Crunch Cereal Bar</u> <u>Assorted Cereal</u>  A. Pancakes w/ Cheese Omelet B. BBQ Rib C. Taco Salad	26 <u>Cinnamon Breakfast Bun</u> <u>Assorted Cereal</u>  A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
29 <u>Oatmeal Chocolate Chip Bar</u> <u>Assorted Cereal</u>  A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Sun Butter & Jelly	30 <u>Cheese Bosco Breadstick</u> <u>Assorted Cereal</u>  A. Chicken Patty Sandwich w/ Raider Sauce B. Cheese Pizzadilla C. Ham & Cheese Sandwich			

# 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.