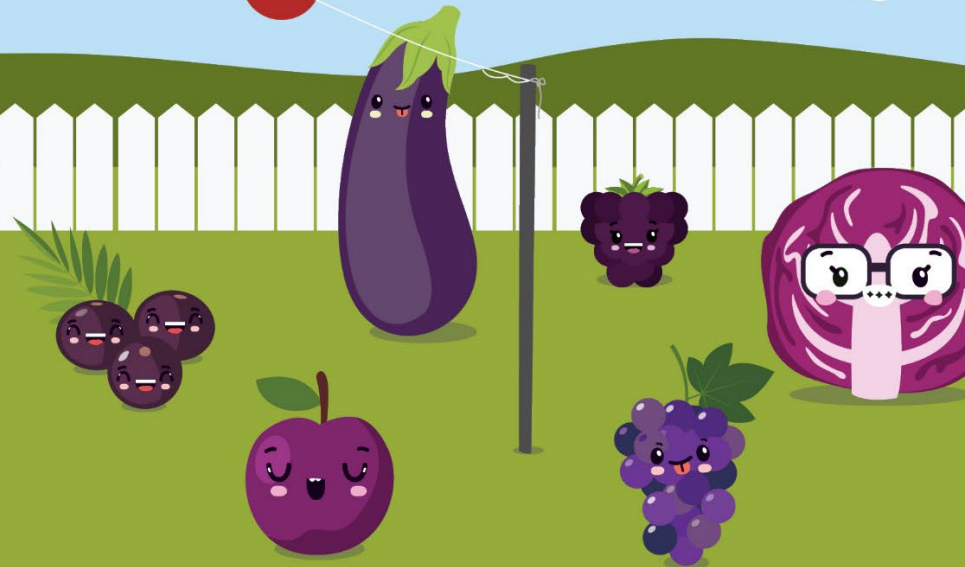


SEPTEMBER 2025

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 HAPPY LABOR DAY	2 Breakfast Pizza A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub D. Sun Butter & Jelly	3 Breakfast Burrito A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly	4 Breakfast Sandwich A. Lumberjack B. Grilled Cheese C. Turkey Chef Salad D. Sun Butter & Jelly	7 Lumberjack Donut A. Pepperoni Pizza B. Cheese Pizza C. Ham & Cheese Sub D. Sun Butter & Jelly
8 French Toast Sticks A. Italian Dunkers B. Popcorn Chicken C. Egg Chef Salad D. Sun Butter & Jelly	9 Breakfast Pizza A. Salisbury Steak B. Hot Dog C. Ham & Cheese Sandwich D. Sun Butter & Jelly	10 Breakfast Burrito A. Chicken & Vegetable Dumplings w/ White Rice B. Cheeseburger C. Apple, Yogurt & Cheese Pack D. Sun Butter & Jelly	11 Breakfast Sandwich A. French Toast Sticks w/ Sausage Link B. Bean & Cheese Burrito C. Popcorn Chicken Salad D. Sun Butter & Jelly	12 Lumberjack Donut A. Pepperoni Pizza B. Cheese Pizza B. Turkey & Cheese Sandwich D. Sun Butter & Jelly
15 Pancakes A. Bosco Sticks B. Hamburger C. Vegetable Baja Salad D. Sun Butter & Jelly	16 Breakfast Pizza A. Beef Nachos B. Chicken Tenders C. Ham & Cheese Sub D. Sun Butter & Jelly	17 Breakfast Burrito Half Day!	18 Breakfast Sandwich A. Donut w/ Cheese Omelet B. Chicken Nuggets C. Italian Salad D. Sun Butter & Jelly	19 Lumberjack Donut A. Pepperoni Pizza B. Cheese Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly
22 Waffles A. Corn Dog B. Meatball Sub B. Chicken & Cheese Salad C. Sun Butter & Jelly	23 Breakfast Pizza A. Horseshoe B. Cheese Quesadilla C. Ham & Cheese Sandwich D. Sun Butter & Jelly	24 Breakfast Burrito A. Honey Stung Popcorn Chicken w/ Biscuit B. Hot Dog C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly	25 Breakfast Sandwich A. Pancakes w/ Cheese Omelet B. Chicken Patty Sandwich C. Taco Salad D. Sun Butter & Jelly	26 Lumberjack Donut A. Pepperoni Pizza B. Cheese Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
29 Bosco Cheese Stick A. Breaded Fish Bites w/ Cheez-Its B. Grilled Cheese C. Popcorn Chicken Salad D. Sun Butter & Jelly	30 Breakfast Pizza A. Chicken Patty Sandwich w/ Raider Sauce B. Cheese Pizzadilla C. Ham & Cheese Sandwich D. Sun Butter & Jelly			

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.