

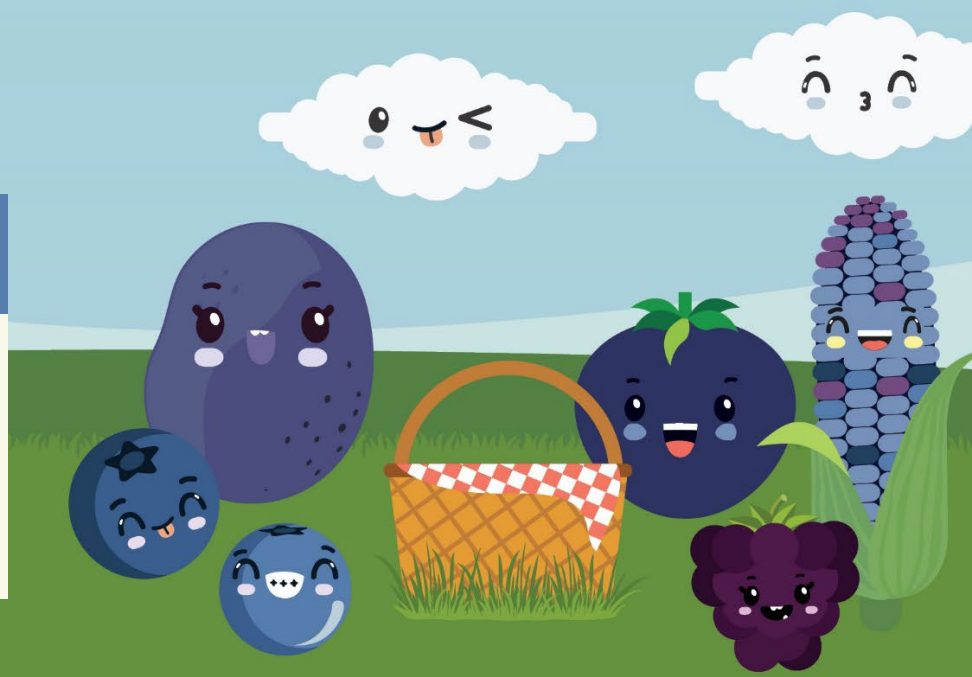
MAY 2026 Gregory

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 Donut A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
4 Biscuit w/ Sausage Gravy A. A. Mini Corn Dogs B. Chicken Nuggets C. Ham Chef Salad D. Sun Butter & Jelly	5 Breakfast Pizza A. Walking Taco B. Corn Dog C. Turkey & Cheese Sub D. Sun Butter & Jelly	6 Breakfast Burrito A. Chicken Tenders w/ Fresh Garlic Knot B. Cheese Quesadilla C. Cheese Chef Salad D. Sun Butter & Jelly	7 Breakfast Sandwich A. Lumberjack B. Grilled Cheese C. Turkey Chef Salad D. Sun Butter & Jelly	8 Donut A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sub D. Sun Butter & Jelly
11 French Toast Sticks w/ Egg Patty A. Italian Dunkers B. Popcorn Chicken C. Egg Chef Salad D. Sun Butter & Jelly	12 Breakfast Pizza A. Chicken Tenders B. Hot Dog C. Ham & Cheese Sandwich D. Sun Butter & Jelly	13 Breakfast Burrito A. Chicken Patty Sandwich B. Cheeseburger C. Ham Chef Salad D. Sun Butter & Jelly	14 Breakfast Sandwich A. French Toast Sticks w/ Sausage B. BBQ Pulled Pork Sandwich C. Popcorn Chicken Salad D. Sun Butter & Jelly	15 Donut A. Cheese Pizza B. Pepperoni Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly
18 Variety Breakfast A. Bosco Sticks B. Hamburger C. Cheese Chef Salad D. Sun Butter & Jelly	19 Variety Breakfast A. Beef Nachos B. Chicken Tenders C. Ham & Cheese Sub D. Sun Butter & Jelly	20 Variety Breakfast Picnic in the Park	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



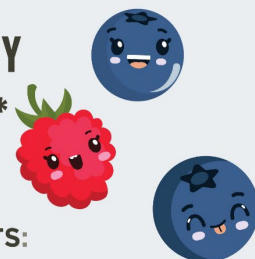
WATERMELON + CUCUMBER + MINT



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.