

# SEPTEMBER 2025



You can always **Pick 2**  
for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO\*  
of the following: **cereal**, **string cheese**,  
**toast** or **yogurt**.

\*No duplicates on cereal or entrée.

## ACE'S CORNER

### Breakfast Prices

**Paid: \$2.50**

**Reduced: \$0.30**

### Lunch Prices

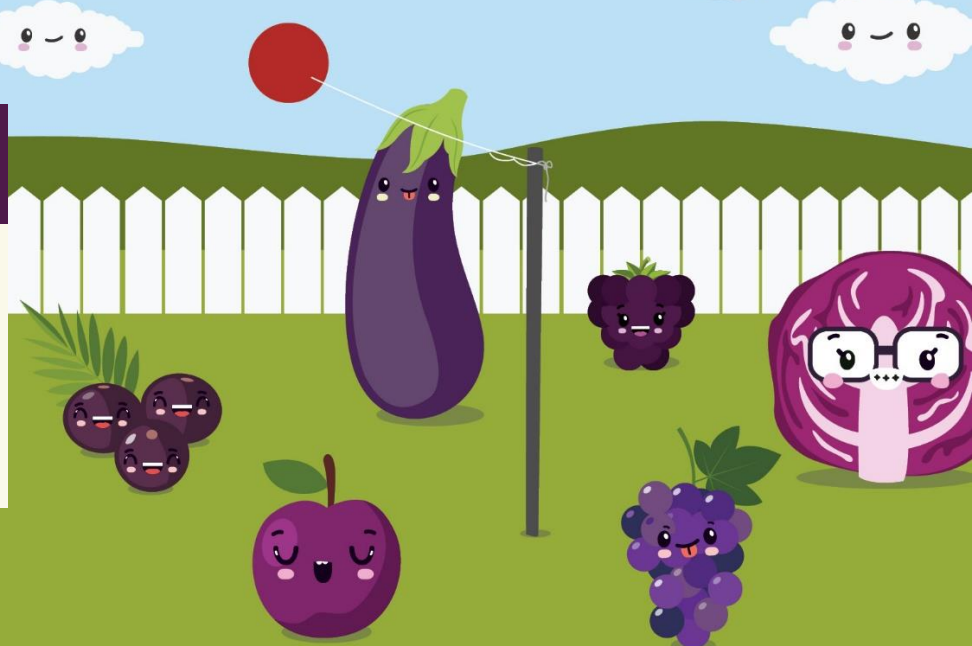
**Paid: \$3.80**

**Reduced: \$0.40**

Vegan Option offered at lunch daily

1% White & Chocolate Milk Offered Daily

All salads include a grain



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Labor Day		1 Strawberry Pop Tart, String Cheese, Orange Slices & Fruit Juice	2 Chicken Tenders w/wo Breadstick Baked Beans Apple Juice	3 Blueberry Muffin, Goldfish, Mixed Berry Applesauce & Grape Juice	4 Pancakes w/wo Sausage Patty Cooked Baby Carrots Apple	5 Lucky Charms, String Cheese, Banana & Fruit Juice	6 Pretzel w/ Cheese Sauce Celery Sticks Blue Raspberry Applesauce	7 Fudge Pop Tart, Scooby Snack, Mixed Fruit & Apple Juice	8 Pepperoni Pizza Corn Strawberry Craisins
Double Chocolate Muffin, String Cheese, Apple & Grape Juice		9 Cocoa Puffs, Pretzel Goldfish, Banana & Fruit Juice	10 Turkey Barbacoa Tacos Refried Beans Apple	11 Blueberry Pop Tart, String Cheese, Orange Slices & Apple Juice	12 Chicken Dumplings w/ Egg Fried Rice Cucumber Slices Banana	13 Chocolate Chip Muffin, String Cheese, Applesauce & Fruit Juice	14 Popcorn Chicken w/wo Breadstick Mashed Potatoes w/ Gravy Warm Apple Slices w/ Cinnamon	15 Trix, Animal Crackers, Apple & Grape Juice	16 Cheese Pizza Mixed Veggies Sliced Apricots
French Toast Sticks w/wo Sausage Corn Orange Slices									
Chocolate Chip BK Round, Raisins & Grape Juice		17 Cinnamon Sugar Donut Holes, Orange Slices & Fruit Juice	18 Beef Nachos Corn Orange Juice	19 Fudge Pop Tart, Animal Crackers, Apple & Ruby Rush Juice	20 Waffles w/wo Sausage Patty Pepper Strips Cinnamon Apple Sauce	21 Chocolate Donut, Banana & Fruit Juice	22 Cheeseburger Cucumber Slices Apple	23 Lucky Charms, String Cheese, Craisins & Apple Juice	24 Pepperoni Pizza Baby Carrots Watermelon Craisins
Mini Corn Dogs w/ Mac N' Cheese Sliced Carrots Orange Slices									
Cinnamon Churro Bites w/ Peanut Butter Cocoa Dip, Apple & Orange Juice		25 Golden Grahams, String Cheese, Mixed Fruit & Grape Juice	26 Chicken Nuggets w/wo Breadstick Cucumber Slices Warm Peaches w/ Cinnamon	27 Double Chocolate Muffin, String Cheese, Blue Raspberry Applesauce & Fruit Juice	28 Half Day Uncrustable Baby Carrots Apple Milk	29 Cinnamon BK Round, Banana & Apple Juice	30 Hot Dog w/wo Pickles Broccoli Applesauce	31 Trix, Vanilla Graham, Apple & Fruit Juice	32 Cheese Pizza Pepper Strips Mixed Fruit
Beef Tacos Black Beans Ruby Rush Juice.									
Cinnamon Toast Crunch, Animal Crackers, Mixed Berry Applesauce & Grape Juice		33 Chocolate Chip BK Round, Apple & Orange Juice							
Popcorn Chicken LoMein Steamed Broccoli Orange Slices		34 Chicken Patty on a Bun w/wo Pickles Tater Tots Banana							
								<b>Now Hiring!!</b> Food Service is Hiring! <b>Work While Kids are in School</b> <b>Great Benefits</b> Apply online @ <a href="http://www.aramark.com">www.aramark.com</a>	

# 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.