

AUGUST 2025

2 You can always **Pick up to 3 sides** for Lunch in the Cafe

Choose lunch entrée and your sides, which include fresh fruit/veggies, hot vegetables and 100% fruit juice.

*No duplicates on any items.

ACE'S CORNER

Lunch Prices
Paid: \$3.80
Reduced: \$0.40

Vegetarian Option offered at lunch daily

1% White & Chocolate Milk Served Daily!

All salads include a grain!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Now Hiring!!
Food Service is Hiring!
Work While Kids are in School
Great Benefits
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www.aramark.com

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Beef Tacos
MYO Pizza Kit
Black Beans, Celery Sticks, Mixed Fruit & Ruby Rush Juice

18

Chicken Nuggets w/wo Breadstick
Apple Salad
Sliced Carrots, Cucumber Slices, Banana & Apple Juice

19

Mini Pancakes w/ Scrambled Eggs
3 Cheese Sub
Peas, Baby Carrots, Warm Cinnamon Sliced Peaches & Grape Juice

20

Hot Dog w/wo Pickle
Cheesy Romaine Salad
Crinkle Cut Fries, Broccoli, Applesauce & Orange Juice

21

Cheese Pizza
Egg Chef Salad
Seasoned Green Beans, Red Peppers Strips, Apple & Fruit Juice

22

Popcorn Chicken LoMein
MYO Pizza Kit
Fresh Cooked Broccoli, Baby Carrots, Orange Slices & Fruit Juice

25

Chicken Patty w/wo Pickles
Uncrustable
Baked Beans, Broccoli, Banana & Apple Juice

26

Spaghetti w/ Meat Sauce
Egg Chef Salad
Tater Tots, Celery Sticks, Apple & Grape Juice

27

Waffles w/wo Sausage Links
Cheesy Romaine Salad
Corn, Red Pepper Strips, Applesauce & Orange Juice

28

Pepperoni Pizza
Ace's Pretzel Pack
Sliced Carrots, Cucumber Slices, Apricots & Ruby Rush Juice

29



EATING THE RAINBOW

A colorful variety on your plate is more than just a feast for the eyes; it's a good choice nutritionally. You might remember learning about Roy G. Biv—red, orange, yellow, green, blue, indigo, and violet—an acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Each color signals a range of health benefits that we will explore together.

DIG IN WITH MONTHLY DISCOVERIES

Be sure to check out each month's Discover spotlight to try a vibrant fruit or veggie that showcases the delicious potential of nature's bounty.



CHALLENGE OF THE MONTH: GARDEN YOGA

Yoga is a great way to stretch and be mindful of your body and the world around you. Be sure to take deep breaths in each pose.



BE A FROG

Lower down into a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



BE A TREE

Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Repeat with other leg.



BE A BUTTERFLY

Sit with your spine straight. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

ACE'S RECIPE OF THE MONTH:



RAINBOW FLATBREAD PIZZA*

INGREDIENTS:

- 1 package (2 pieces) of Stonefire naan
- 1/2 cup of pizza sauce
- 1/2 cup of shredded Mozzarella cheese
- 4 cups of chopped colorful veggies (such as broccoli, green peppers, yellow peppers, grape tomatoes, and thinly sliced purple potatoes)
- 2 tsp. of olive oil
- 1 tsp. of Italian seasonings

PREPARATION:

1. Preheat the oven to 425°F and put both naan pieces side by side on the baking sheet. Use a spoon to evenly spread the pizza sauce between the two.
2. Sprinkle the cheese on top of the sauce and layer the veggies in a rainbow pattern on top of the cheese.
3. Drizzle a bit of olive oil on each and then sprinkle on Italian seasoning.
4. Bake for about 20 minutes, or until veggies are cooked and the crust is slightly golden. Wait a few minutes for it to cool and enjoy!