


# SEPTEMBER 2025

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

Choose Lunch entrée and choose from  
the following: **Hot veggie**, **Cold Veggie**,  
**Fresh Fruit** or **Juice**.

\*No duplicates on any items.



ACE'S CORNER

**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
<b>1</b>  <b>Labor Day</b>	<b>2</b> Chicken Tenders w/wo Breadstick Pepperoni Pizza <b>Ace's Pretzel Pack</b> Baked Beans, Broccoli, Diced Pears & Apple Juice	<b>3</b> Pancakes w/wo Sausage Patty Cheese Pizza <b>Uncrustable</b> Cooked Baby Carrots, Cucumber Slices, Apple & Ruby Rush Juice	<b>4</b> Pretzel w/ Cheese Sauce Pepperoni Pizza <b>MYO Pizza Kit</b> Mixed Veggies, Celery Sticks, Blue Raspberry Applesauce & Orange Juice	<b>5</b> Spicy Popcorn Chicken w/wo Breadstick Cheese Pizza <b>Ace's Cereal Kit</b> Corn, Baby Carrots, Strawberry Craisins & Fruit Juice
<b>8</b> French Toast Sticks w/wo Sausage Pepperoni Pizza <b>MYO Pizza Kit</b> Corn, Broccoli, Orange Slices & Fruit Juice	<b>9</b> Turkey Barbacoa Tacos Cheese Pizza <b>Cheesy Romaine Salad</b> Refried Beans, Pepper Strips, Apple & Ruby Rush Juice	<b>10</b> Chicken Dumplings w/ Egg Fried Rice Pepperoni Pizza <b>Apple Salad</b> Peas & Carrots, Cucumber Slices, Banana & Grape Juice	<b>11</b> Popcorn Chicken w/wo Breadstick Cheese Pizza <b>Uncrustable</b> Mashed Potatoes w/ Gravy, Baby Carrots, Warm Apple Slices w/ Cinnamon & Orange Juice	<b>12</b> Spicy Chicken Sandwich Pepperoni Pizza <b>Ace's Pretzel Pack</b> Mixed Veggies, Celery Sticks, Sliced Apricots & Fruit Juice
<b>15</b> Mini Corn Dogs w/ Mac N' Cheese Cheese Pizza <b>Uncrustable</b> Sliced Carrots, Celery Sticks, Orange Slices & Apple Juice	<b>16</b> Beef Nachos Pepperoni Pizza <b>MYO Pizza Kit</b> Refried Beans, Mexican Style Street Corn, Mixed Fruit & Orange Juice	<b>17</b> Waffles w/wo Sausage Patty Cheese Pizza <b>Ace's Pretzel Pack</b> Steamed Broccoli, Pepper Strips, Cinnamon Apple Sauce & Grape Juice	<b>18</b> Cheeseburger Pepperoni Pizza <b>Apple Salad</b> Tater Tots, Cucumber Slices, Apple & Ruby Rush Juice 	<b>19</b> Grilled Cheese Cheese Pizza <b>Ace's Cereal Kit</b> Peas, Baby Carrots, Watermelon Craisins & Fruit Juice
<b>22</b> Beef Tacos Pepperoni Pizza <b>MYO Pizza Kit</b> Black Beans, Celery Sticks, Mixed Berry Applesauce & Ruby Rush Juice.	<b>23</b> Chicken Nuggets w/wo Breadstick Cheese Pizza <b>Apple Salad</b> Sliced Carrots, Cucumber Slices, Warm Peaches w/ Cinnamon & Apple Juice	<b>24</b>  <b>Half Day</b>	<b>25</b> Hot Dog w/wo Pickles Pepperoni Pizza <b>Cheesy Romaine Salad</b> French Fries, Broccoli, Applesauce & Orange Juice	<b>26</b> BBQ Rib Sandwich Cheese Pizza <b>Egg Chef Salad</b> Seasoned Green Beans, Pepper Strips, Mixed Fruit & Grape Juice
<b>29</b> Popcorn Chicken LoMein Pepperoni Pizza <b>Cheesy Romaine Salad</b> Steamed Broccoli, Baby Carrots, Orange Slices & Fruit Juice	<b>30</b> Chicken Patty on a Bun w/wo Pickles Cheese Pizza <b>Uncrustable</b> Tater Tots, Celery Sticks, Banana & Apple Juice			<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.