

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 Confetti Pancakes, Orange Slices & Fruit Juice Chicken Tenders w/wo Breadstick Ace's Pretzel Pack Baked Beans, Broccoli, Diced Pears & Apple Juice	2 Sausage Biscuit, Banana & Fruit Juice Turkey Barbacoa Tacos Cheesy Romaine Salad Refried Beans, Pepper Strips, Apple & Ruby Rush Juice 	3 Cherry Frudel, Mixed Berry Applesauce & Grape Juice Pancakes w/wo Sausage Patty Uncrustable Cooked Baby Carrots, Cucumber Slices, Apple & Ruby Rush Juice	4 Chocolate Donut, Banana & Fruit Juice Pretzel w/ Cheese Sauce Turkey Chef Salad MYO Pizza Kit Mixed Veggies, Celery Sticks, Blue Raspberry Applesauce & Orange Juice	5 Mini Maple Pancakes, Mixed Fruit & Apple Juice Pepperoni Pizza Ace's Cereal Kit Corn, Baby Carrots, Strawberry Craisins & Fruit Juice
8 Tony's Sausage BK Pizza, Apple & Grape Juice French Toast Sticks w/wo Sausage Ham & Cheese Sandwich MYO Pizza Kit Corn, Broccoli, Orange Slices & Fruit Juice	9 Sausage Biscuit, Banana & Fruit Juice Turkey Barbacoa Tacos Cheesy Romaine Salad Refried Beans, Pepper Strips, Apple & Ruby Rush Juice 	10 Cinnamon Rolls, Orange Slices & Apple Juice Chicken Dumplings w/ Egg Fried Rice Apple Salad Peas & Carrots, Cucumber Slices, Banana & Grape Juice	11 Strawberry Pop Tart, String Cheese, Applesauce & Fruit Juice Popcorn Chicken w/wo Breadstick Uncrustable Mashed Potatoes w/ Gravy, Baby Carrots, Warm Apple Slices w/ Cinnamon & Orange Juice	12 Mixed Berry Scone, Apple & Grape Juice Cheese Pizza Ace's Pretzel Pack Mixed Veggies, Celery Sticks, Sliced Apricots & Fruit Juice
15 Chocolate Chip BK Round, Raisins & Grape Juice Mini Corn Dogs w/ Mac N' Cheese Uncrustable Sliced Carrots, Celery Sticks, Orange Slices & Apple Juice	16 Cinnamon Sugar Donut Holes, Orange Slices & Fruit Juice Beef Nachos MYO Pizza Kit Refried Beans, Mexican Style Street Corn, Mixed Fruit & Orange Juice	17 Tony's Bacon BK Pizza, Apple & Ruby Rush Juice Waffles w/wo Sausage Patty Cheesy Chicken Salad Ace's Pretzel Pack Steamed Broccoli, Pepper Strips, Cinnamon Apple Sauce & Grape Juice	18 Eggoji Waffles, Banana & Fruit Juice Cheeseburger Apple Salad Tater Tots, Cucumber Slices, Apple & Ruby Rush Juice	19 Pancake Bites, Craisins & Apple Juice Pepperoni Pizza Ace's Cereal Kit Peas, Baby Carrots, Watermelon Craisins & Fruit Juice
22 Cinnamon Churro Bites w/ Peanut Butter Cocoa Dip, Apple & Orange Juice Beef Tacos MYO Pizza Kit Black Beans, Celery Sticks, Mixed Berry Applesauce & Ruby Rush Juice.	23 French Toast Sticks, Mixed Fruit & Grape Juice Chicken Nuggets w/wo Breadstick Apple Salad Sliced Carrots, Cucumber Slices, Warm Peaches w/ Cinnamon & Apple Juice	24 Double Chocolate Muffin, String Cheese, Blue Raspberry Applesauce & Fruit Juice Half Day Uncrustable Baby Carrots Apple Milk	25 Biscuit & Gravy, Banana & Apple Juice Hot Dog w/wo Pickles Cheesy Romaine Salad French Fries, Broccoli, Applesauce & Orange Juice	26 Mini Sausage Pancake Bites, Apple & Fruit Juice Cheese Pizza Egg Chef Salad Seasoned Green Beans, Pepper Strips, Mixed Fruit & Grape Juice
29 Blueberry Snack'n Waffle, Mixed Berry Applesauce & Grape Juice Popcorn Chicken LoMein Ham & Cheese Sandwich Cheesy Romaine Salad Steamed Broccoli, Baby Carrots, Orange Slices & Fruit Juice	30 Caramel Cinni Minni, Apple & Orange Juice Chicken Patty on a Bun w/wo Pickles Uncrustable Tater Tots, Celery Sticks, Banana & Apple Juice			Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com

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!



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This institution is an equal opportunity provider.