

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 Apple Juice	2 Sausage Biscuit, Banana & Fruit Juice Turkey Barbacoa Tacos Cheesy Romaine Salad Refried Beans Apple	3 Cherry Frudel, Mixed Berry Applesauce & Grape Juice Pancakes w/wo Sausage Patty Uncrustable Cooked Baby Carrots Apple	4 Chocolate Donut, Banana & Fruit Juice Pretzel w/ Cheese Sauce MYO Pizza Kit Celery Sticks Blue Raspberry Applesauce	5 Mini Maple Pancakes, Mixed Fruit & Apple Juice Pepperoni Pizza Ace's Cereal Kit Corn Strawberry Craisins
8 Tony's Sausage BK Pizza, Apple & Grape Juice French Toast Sticks w/wo Sausage MYO Pizza Kit Corn Orange Slices	9 Sausage Biscuit, Banana & Fruit Juice Turkey Barbacoa Tacos Cheesy Romaine Salad Refried Beans Apple	10 Cinnamon Rolls, Orange Slices & Apple Juice Chicken Dumplings w/ Egg Fried Rice Apple Salad Cucumber Slices Banana	11 Strawberry Pop Tart, String Cheese, Applesauce & Fruit Juice Popcorn Chicken w/wo Breadstick Uncrustable Mashed Potatoes w/ Gravy Warm Apple Slices w/ Cinnamon	12 Mixed Berry Scone, Apple & Grape Juice Cheese Pizza Ace's Pretzel Pack Mixed Veggies Sliced Apricots
15 Chocolate Chip BK Round, Raisins & Grape Juice Mini Corn Dogs w/ Mac N' Cheese Uncrustable Sliced Carrots Orange Slices	16 Cinnamon Sugar Donut Holes, Orange Slices & Fruit Juice Beef Nachos MYO Pizza Kit Corn Orange Juice	17 Tony's Bacon BK Pizza, Apple & Ruby Rush Juice Waffles w/wo Sausage Patty Ace's Pretzel Pack Pepper Strips Cinnamon Apple Sauce	18 Eggoji Waffles, Banana & Fruit Juice Cheeseburger Apple Salad Cucumber Slices Apple	19 Pancake Bites, Craisins & Apple Juice Pepperoni Pizza Ace's Cereal Kit Baby Carrots Watermelon Craisins
22 Cinnamon Churro Bites w/ Peanut Butter Cocoa Dip, Apple & Orange Juice Beef Tacos MYO Pizza Kit Black Beans Ruby Rush Juice.	23 French Toast Sticks, Mixed Fruit & Grape Juice Chicken Nuggets w/wo Breadstick Apple Salad Cucumber Slices Warm Peaches w/ Cinnamon	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 Broccoli Applesauce	26 Mini Sausage Pancake Bites, Apple & Fruit Juice Cheese Pizza Egg Chef Salad Pepper Strips Mixed Fruit
29 Blueberry Snack'n Waffle, Mixed Berry Applesauce & Grape Juice Popcorn Chicken LoMein Cheesy Romaine Salad Steamed Broccoli Orange Slices	30 Caramel Cinni Minni, Apple & Orange Juice Chicken Patty on a Bun w/wo Pickles Uncrustable Tater Tots Banana			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.