

MAY 2022

DID YOU KNOW?

Blueberries get their intense blue color from anthocyanins, a type of antioxidant.



ACE'S CORNER



Keeneyville Elementary School Lunch Menu

1% Milk & Fat Free Chocolate Milk Available Daily with Lunch!
Cheese Sandwich & Sunbutter & Jelly Sandwich Available Daily!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Pizza Crunchers 2 *Make Your Own Flatbread Pizza Kit *Green Beans *Baby Carrots *100% Fruit Juice *Applesauce	*BBQ Chicken Drumstick w/Biscuit 3 *Make Your Own Flatbread Pizza Kit *Mashed Potatoes *Fresh Broccoli *Fresh Orange *Apple Slices	*Chicken Nuggets w/Soft Pretzel Rod 4 *Make Your Own Flatbread Pizza Kit *Vegetarian Baked Beans *Fresh Cucumber Slices *100% Apple Juice *Banana	*Mini Corn Dogs 5 *Make Your Own Flatbread Pizza Kit *Steamed Broccoli *Side Salad *Fresh Orange *Craisins	*Cheese Quesadilla 6 *Make Your Own Flatbread Pizza Kit *Steamed Carrots *Celery Sticks *100% Fruit Juice *Apple Slices
*Cheeseburger 9 *Make-Your-Own Bagel Pizza Kit *Green Beans *Baby Carrots *100% Fruit Juice *Applesauce	*Beef Doritos Nachos 10 * Make-Your-Own Bagel Pizza Kit *Kickin' Pinto Beans *Celery Sticks *Fresh Orange *Apple Slices	*Chicken Nuggets w/Soft Pretzel 11 * Make-Your-Own Bagel Pizza Kit *Steamed Carrots *Fresh Cucumber Slices *100% Apple Juice *Fresh Banana	*Chicken Patty Sandwich 12 * Make-Your-Own Bagel Pizza Kit *Steamed Corn *Fresh Broccoli *Fresh Orange *Craisins	*Mini Cheese Pizza 13 * Make-Your-Own Bagel Pizza Kit *Steamed Broccoli *Baby Carrots *100% Fruit Juice *Apple Slices
*Pizza Crunchers 16 *Make-Your-Own Flatbread Pizza Kit *Steamed Broccoli *Side Salad *100% Fruit Juice *Fresh Applesauce	*Cheese Dog 17 *Make-Your-Own Flatbread Pizza Kit *Steamed Corn *Baby Carrots *Fresh Orange *Apple Slices	*Chicken Patty Sandwich 18 *Make-Your Own Flatbread Pizza Kit *Vegetarian Baked Beans *Fresh Cucumber Slices *100% Apple Juice *Fresh Banana	*Cheeseburger 19 *Make-Your-Own Flatbread Pizza Kit *Mashed Potatoes *Fresh Broccoli *Fresh Orange *Craisins	EARLY RELEASE 20
*Corn Dog 23 * Make-Your-Own Bagel Pizza Kit *Steamed Carrots *Fresh Broccoli *100% Fruit Juice *Fresh Applesauce	*Pancakes w/Sausage & Syrup 24 * Make-Your-Own Bagel Pizza Kit *Potato Emoticons *Fresh Cucumber Slices *Blueberries *Apple Slices	*Chicken Nuggets w/Soft Pretzel 25 * Make-Your-Own Bagel Pizza Kit *Vegetarian Baked Beans *Side Salad *100% Apple Juice *Fresh Banana	*Chicken Patty Parmesan Sandwich 26 *Make-Your-Own Bagel Pizza Kit *Green Peas *Baby Carrots *Fresh Orange *Craisins	*Mini Cheese Pizza 27 * Make-Your-Own Bagel Pizza Kit *Steamed Broccoli *Baby Carrots *100% Fruit Juice *Applesauce
NO SCHOOL 30 	NO SCHOOL 31 	NO SCHOOL 1 	NO SCHOOL 2 	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com

REACH FOR THE STAR BERRIES!

Another name for blueberries is star berries. Native Americans gave them this name because their blossoms are shaped like a five-pointed star. Perfect on oatmeal, yogurt, and cereal, blueberries are one of the only naturally blue foods and they pack a lot of nutritional punch. Not only are blueberries low in calories—one cup of blueberries contains lots of antioxidants, 3.6 grams of fiber, and 25 percent of the recommended daily amount of vitamin C. Fresh-picked blueberries should always be dusty in color; this dusty substance known as bloom helps keep the berries fresh longer. The U.S. harvests the most blueberries in the world with 10 states growing 98 percent of U.S. blueberries: California, Florida, Georgia, Indiana, Michigan, Mississippi, New Jersey, North Carolina, Oregon, and Washington.



DID YOU KNOW?

BLUE FREEZE Blueberries freeze in just four minutes!



DYE-ING TO KNOW

Blueberries can be used as a natural food dye. Legend has it that early American colonists boiled them with milk to make gray paint.

ACE'S JOKE OF THE MONTH



Q. HOW MANY BLUEBERRIES ARE IN A SLICE OF PI?

SEE ANSWER BELOW

ACTIVITY: FLOAT OR FLOATIE?

Depending on their density, some fruits float, while others sink! Circle the three fruits that will sink and need to use a floatie.

SEE ANSWER BELOW



WATERMELON



LEMON



APPLE



AVOCADO



BANANA



MANGO



LIME

