

MAY 2022

DID YOU KNOW?

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



ACE'S CORNER



Keeneyville Elementary School Breakfast Menu

1% Milk & Fat Free Chocolate Milk Available Daily with Dinner!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Chocolate-filled Crescent 2 *Blueberry Muffin w/String Cheese *Applesauce *Craisins	*Mini Cinnamon Roll 3 *Cereal w/Hard-Boiled Egg *Fresh Banana *100% Fruit Juice	*Cinnamon Breakfast Round 4 *Yogurt w/Graham Crackers *Fresh Orange *Apple Slices	*Bagel w/Cream Cheese 5 *Cocoa Puff Cereal Bar w/String Cheese *Fresh Banana *100% Apple Juice	*Berry French Toast 6 *Team Cheerios Bar w/Goldfish Pretzels *Fresh Orange *Apple Slices
*Apple Cinnamon Breakfast Round 9 *Chocolate Chip Muffin w/String Cheese *Applesauce *Craisins	*Cinnamon Sugar Donut Holes 10 *Cereal w/Hard-Boiled Egg *Fresh Banana *100% Fruit Juice	*Mini Confetti Pancakes 11 *Frosted Poptart w/String Cheese *Fresh Orange *Apple Slices	*Mini Strawberry Cream Cheese Bagels 12 *Cereal w/Cheese Cubes *Fresh Banana *100% Apple Juice	*Maple Mini Waffles 13 *Yogurt w/Graham Crackers *Fresh Orange *Apple Slices
*Berry French Toast 16 *Banana Muffin w/String Cheese *Applesauce *Craisins	*Cinnamon Breakfast Round 17 *Cereal w/Hard-Boiled Egg *Fresh Banana *100% Fruit Juice	*Chocolate-filled Crescent 18 *Yogurt w/Graham Crackers *Fresh Orange *Apple Slices	*Mini Maple Waffles 19 *Cereal w/Cheese Cubes *Fresh Banana *100% Apple Juice	EARLY RELEASE 20 *Cinnamon Toast Crunch Pastry *Frosted Poptart w/Goldfish Pretzels *Fresh Orange *Fresh Apple Slices
*Bagel w/Cream Cheese 23 *Yogurt w/Graham Crackers *Applesauce *Craisins	*Fresh Toast Benefit Bar 24 *Cereal w/Hard-Boiled Egg *Fresh Banana *100% Fruit Juice	*Mini Cinnamon Roll 25 *Blueberry Muffin w/String Cheese *Fresh Orange *Apple Slices	*Chocolate Chip Breakfast Round 26 *Cereal w/Cheese Cubes *Fresh Banana *100% Apple Juice	*Cereal Bar w/ Graham Crackers 27 *Poptart w/ Graham Crackers *Fresh Orange *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

