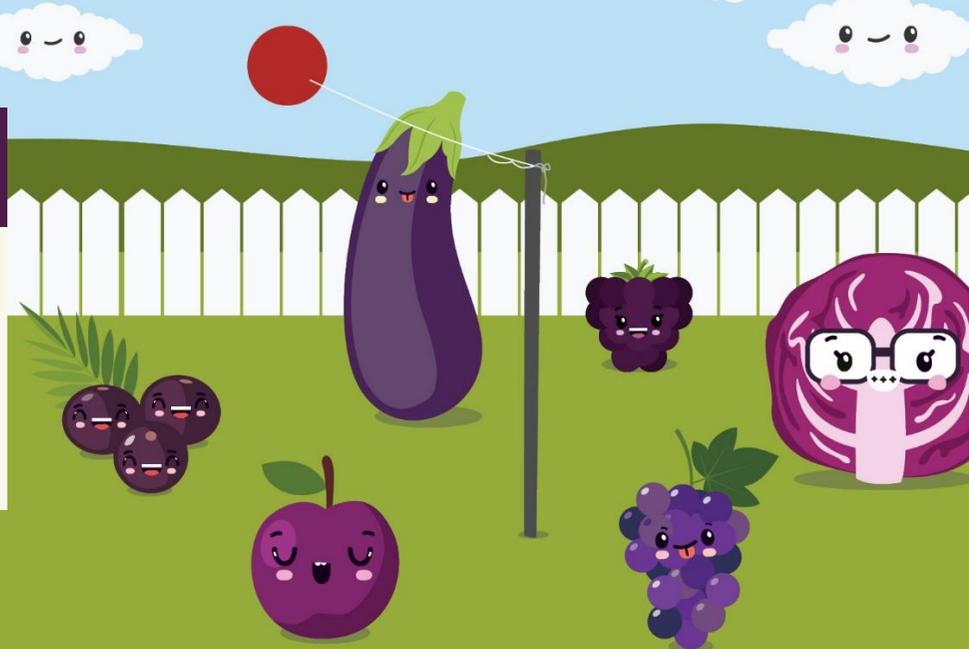


# Glen Hills SEPTEMBER 2022

Questions or concerns? Please call our Student Nutrition Office at 414-351-7160 x2145

Breakfast Prices	Lunch Prices
Paid: \$1.75	Paid: \$2.60
Reduced: \$0.30	Reduced: \$0.40
Adult: \$2.65	Adult: \$4.65
	Milk: \$0.45

ACE'S CORNER



Cold options offered at lunch daily

Vegetables are written in green

\*Contains PORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Now Hiring!!</b> Food Service is Hiring! <i>Work While Kids are in School</i> <b>Great Benefits</b> Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>		<p><b>Milk:</b> 1% White and Skim Chocolate offered daily <b>Whole Grains:</b> All bread served is whole grain rich</p>	<p>Grilled Turkey Ham &amp; Cheese Sandwich Pancakes w/ Omelet Chicken Wrap</p> <p>Carrots, Cucumbers Pear, Orange Juice</p>	<p>Beef &amp; Rice Bowl Fish Sticks w/ Goldfish Crackers Make Your Own Flatbread Pizza</p> <p>Peas, Waffle Fries Fruit Mix, Apple Juice</p>
<p>NO SCHOOL 5</p>	<p>Chicken Nachos Burger Sun Butter &amp; Jelly Sandwich</p> <p>Broccoli, Garbanzo Beans Apple, Orange</p>	<p>Chicken Patty Sandwich Mac N Cheese Turkey &amp; Cheese Sandwich</p> <p>Green Beans, Red Peppers Apple, Peaches</p>	<p>French Toast Sticks w/ Omelet Yogurt Parfait</p> <p>Cucumbers, Carrots Banana, Applesauce</p>	<p>Sweet &amp; Sour Popcorn Chicken Hot Dog Blueberry Muffin Pack</p> <p>Tomatoes, Broccoli, Peas Fruit Mix, Apple Juice</p>
<p>Pizza Sticks BBQ Chicken Sandwich Blueberry Muffin Pack</p> <p>Corn, Garbanzo Beans Fruit Juice, Apple</p>	<p>Rotini w/ Meatballs Tacos Sun Butter &amp; Jelly Sandwich</p> <p>Cucumber Tomato Salad, Pinto Beans Pears, Applesauce</p>	<p>Fish Sticks w/ Goldfish Crackers Boneless Chicken Wings Chicken Caesar Wrap</p> <p>Garden Salad, Peas Oranges, Peaches</p>	<p>*Grilled Ham &amp; Cheese Sandwich Sausage Patty w/ CinniMini Beef Taco Salad</p> <p>Broccoli, Hash Browns Orange Juice, Applesauce</p>	<p>Spicy Chicken Sandwich Buffalo Chicken Pizza Blueberry Muffin Pack</p> <p>Baked Beans, Carrots Fruit Juice, Fruit Mix</p>
<p>Egg Patty w/ Donut Blueberry Muffin Pack</p> <p>Carrots, Hash Browns Orange Juice, Fruit Mix</p>	<p>Beef Nachos w/ Pretzel Yogurt Parfait</p> <p>Pinto Beans, Corn Apple, Peach</p>	<p>*BBQ Pork Sandwich Popcorn Chicken w/ Pretzel Turkey &amp; Cheese</p> <p>Celery, Baked Beans Applesauce, Strawberries</p>	<p>Mini Corn Dogs Chicken Sausage w/ Waffle Popcorn Chicken Salad</p> <p>Green Beans, Potato Smiles Orange Juice, Pear</p>	<p>NO SCHOOL 23</p>
<p>NO SCHOOL 26</p>	<p>Chicken Tacos Chicken Parm Sandwich Buffalo Chicken Wrap</p> <p>Romaine Salad, Pinto Beans Apple, Pear</p>	<p>BBQ Chicken Sandwich Boneless Chicken Wings Turkey &amp; Cheese Sandwich</p> <p>Sweet Potato Fries, Red Peppers Apple, Peaches</p>	<p>French Toast Stick w/ Sausage Patty Chicken Chef Salad</p> <p>Green Beans, Hash Browns Orange Juice, Fruit Mix</p>	<p>Grilled Cheese Buffalo Chicken Pizza Sun Butter &amp; Jelly Sandwich</p> <p>Sweet Potato Fries, Carrots Apple Juice, Applesauce</p>

# 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.

# BEVERAGES

MILK	\$0.45
CAPRI SUN	\$1.25
AQUAFINA	\$1.50
IZZE	\$1.75
SNAPPLE CAN	\$1.75
TROPICANA JUICE	\$2.00



# A LA CARTE

<b>COOKIE</b>	<b>\$0.85</b>
<b>SCOOBY FRUIT SNACK</b>	<b>\$0.85</b>
<b>FRUIT ROLLUP</b>	<b>\$0.85</b>
<b>CHEEZITS</b>	<b>\$1.00</b>
<b>GOLDFISH CRACKERS</b>	<b>\$1.00</b>
<b>MOTTS FRUIT SNACKS</b>	<b>\$1.25</b>
<b>GRANOLA BAR</b>	<b>\$1.25</b>
<b>CEREAL BAR</b>	<b>\$1.25</b>
<b>RICE KRISPIE TREAT</b>	<b>\$1.25</b>
<b>NUTRIGRAIN BAR</b>	<b>\$1.25</b>
<b>CHEX MIX</b>	<b>\$1.25</b>
<b>POP-TART</b>	<b>\$1.25</b>
<b>GRANDMA'S COOKIES</b>	<b>\$1.50</b>
<b>ASSORTED CHIPS</b>	<b>\$1.50</b>

