



SEPTEMBER 2022



ACE'S CORNER


Fun Fact

Blackberries have one of the highest levels of antioxidants of any food. These antioxidants can reduce the risk of some types of cancer and even keep the brain healthy.

Breakfast Prices
 Paid: \$1.80
 Reduced: \$0.30

Lunch Prices
 Paid: \$3.20
 Reduced: \$0.40

Elementary School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p>	<p>30 <i>Did you know?</i> *Our grains are whole-grain rich. *Breakfast cereals are reduced sugar. *We offer fresh fruit and veggies everyday! *Sunbutter & Jelly Sandwiches are always available! *1% Milk & Fat Free & Fat Free Chocolate Milk Available Daily!</p>	<p>31 Ham & Cheese English Muffin Blueberry Muffin & Hard-boiled Egg</p> <p>1 - Cheeseburger 2-Make-Your-Own Flatbread Pizza Steamed Carrots, Celery Sticks, Cold Green Peas, Fresh Orange, Applesauce</p>	<p>2 NO SCHOOL</p>	
<p>NO SCHOOL 5 </p>	<p>30 Cinnamon Dazzle Breakfast Round Blueberry Poptart & String Cheese</p> <p>1-Corn Dog 2-Blueberry Muffin Fun Pack Steamed Broccoli, Fresh Zucchini, Baby Carrots, Apple Slices, Fresh Orange</p>	<p>7 Chicken Biscuit Apple Muffin & Bug Bites</p> <p>1-Bosco Cheese Sticks & Sauce 2-Blueberry Muffin Fun Pack Vegetarian Baked Beans, Grape Tomatoes, Side Salad, Fresh Apple, 100% Fruit Juice</p>	<p>8 Turkey Pancake Wrap Yogurt & String Cheese</p> <p>1-Grilled Cheese Sandwich 2-Blueberry Muffin Fun Pack Steamed Carrots, Fresh Broccoli, Celery Sticks, Fresh Orange, Applesauce</p>	<p>9 Banana Chocolate Oatmeal Bar Team Cheerios Bar & HB Egg</p> <p>1-Chicken Patty Sandwich 2-Blueberry Muffin Fun Pack Golden Sweet Corn, Baby Carrots, Garbanzo Beans, Fresh Banana, 100% Orange Juice</p>
<p>12 French Toast Benefit Bar Cinna Toast Crunch Bar & HB Egg</p> <p>1-Salisbury Steak w/Gravy & Roll 2-Ham & Cheese Sandwich Fun Pack Mashed Potatoes, Cucumber Slices, Edamame, Applesauce, 100% Fruit Juice</p>	<p>13 Mini Cinnamon Roll Fudge Poptart & String Cheese</p> <p>1-Chicken Nuggets & Goldfish 2-Ham & Cheese Sandwich Fun Pack Green Peas, Celery Sticks, Red Pepper Strips, Apple Slices, Fresh Orange</p>	<p>14 Berry French Toast Chocolate Muffin & String Cheese</p> <p>1-Pizza Crunchers 2-Ham & Cheese Sandwich Fun Pack Steamed Green Beans, Baby Carrots, Fresh Broccoli, Fresh Banana, 100% Apple Juice</p>	<p>15 Egg Sausage Cheese Bagel Yogurt & Graham Crackers</p> <p>1-Meatball Sub 2-Ham & Cheese Sandwich Fun Pack Golden Sweet Corn, Side Salad, Grape Tomatoes, Apple Slices, Fresh Orange</p>	<p>16 Mini Maple Waffles Nutrigrain Bar & HB Egg National Cheeseburger Day! 1-Cheeseburger 2-Ham & Cheese Sandwich Fun Pack Vegetarian Baked Beans, Fresh Zucchini, Baby Carrots, Fresh Apple, 100% Grape Juice</p>
<p>19 Banana Choc Benefit Bar Lucky Charms Cereal & HB Egg</p> <p>1-Hot Dog 2-Ace's Yogurt Fun Pack Steamed Carrots, Celery Sticks, Cold Green Peas, Diced Peaches, 100% Fruit Juice</p>	<p>20 Turkey Pancake Wrap Blueberry Muffin & String Cheese</p> <p>1-Chicken Drumstick & Biscuit 2-Ace's Yogurt Fun Pack Steamed Green Beans, Cucumber Slices, Edamame, Fresh Oranges, Apple Slices</p>	<p>21 Ham & Cheese Bagel Melt Fudge Poptart & Animal Crackers Ace's Birthday! 1-Chicken Tenders & Pretzel Rod 2-Ace's Yogurt Fun Pack Steamed Broccoli, Fresh Zucchini, Baby Carrots, Fresh Banana Blue Raspberry Sorbet</p>	<p>22 Sausage Breakfast Pizza Trix Cereal Bar & String Cheese</p> <p>1-French Toast Sticks & Sausage 2-Ace's Yogurt Fun Pack Tater Tots, Red Pepper Strips, Side Salad, Fresh Grapes, Applesauce</p>	<p>23 Chocolate Chip Oatmeal Round Fruity Cheerios & HB Egg</p> <p>1-Cheese Pizza 2-Ace's Yogurt Fun Pack Campfire Beans, Fresh Broccoli, Grape Tomatoes, Fresh Apple, 100% Orange Juice</p>
<p>26 Mini Strawberry CC Bagel Banana Muffin & HB Egg</p> <p>1-Fish Sticks & Goldfish Crackers 2-Ace's Cereal Fun Pack Steamed Broccoli, Baby Carrots, Garbanzo Beans, Applesauce, 100% Fruit Juice</p>	<p>27 Powder Sugar Donut Holes Strawberry Poptart & String Cheese</p> <p>1-Mozzarella Pizza Crunchers 2-Ace's Cereal Fun Pack Green Peas, Red Pepper Strips, Celery Sticks, Apple Slices, Fresh Orange</p>	<p>28 Mini Cinnamon Rolls Yogurt & Cinnamon Tiger Bites</p> <p>1-Chicken Nuggets & Pretzel Rod 2-Ace's Cereal Fun Pack Refried Beans, Fresh Broccoli, Cucumber Slices, Fresh Banana, 100% Apple Juice</p>	<p>29 Triple Berry French Toast Cocoa Puff Bar & String Cheese</p> <p>1-Cheeseburger 2-Ace's Cereal Fun Pack Steamed Green Beans, Side Salad, Baby Carrots, Fresh Orange, Craisins</p>	<p>30 Chocolate-Filled Crescent Apple Cinnamon Cheerio & HB Egg</p> <p>1-Chicken Patty 2-Ace's Cereal Fun Pack Golden Sweet Corn, Grape Tomatoes, Edamame, Fresh Apple, 100% Grape Juice</p>

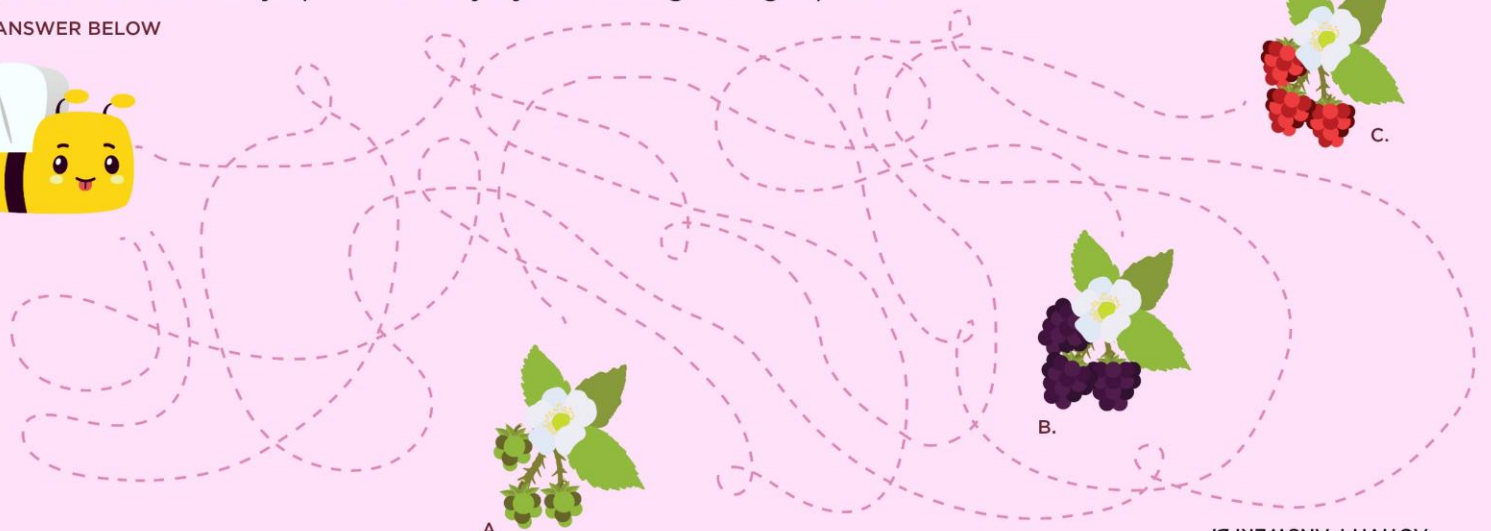
BLACKBERRY SINGING IN THE DEAD OF NIGHT

Fresh-picked from dense, fruitful thickets called brambles, blackberries are jam-packed with fiber, vitamin C, manganese, and vitamin K. These tart but delicious fruit are the perfect addition to any desert. Blackberries are especially good for your brain—helping it operate at peak function and protecting it from damage. Small but mighty, blackberries serve as an anti-inflammatory, antioxidant, and antibacterial food that fights many diseases. Blackberries begin as small and green, start to ripen when they turn a deep red, and are primed for picking once they turn a dark purple or blue-black, around August and early September.

ACTIVITY: BEE MINE

Bees love to feed on blackberry blossoms. The honey they produce after drinking from the blackberry blossoms is dark-colored and fruit-flavored. Help this bee find a truly ripe blackberry by connecting the right path.

SEE ANSWER BELOW



A.

B.

C.

DID YOU KNOW?

READY TO BE A BATOLOGIST?

Batology, despite how it sounds, requires zero interaction with bats. It is actually the scientific study of blackberries! Due to its berry confusing name, Batology is often mistaken for Chiropterology, which is the study of bats.



ACE'S JOKE OF THE MONTH

Q. WHAT DO YOU CALL
A GROUP OF BLACKBERRIES
PLAYING GUITAR?

SEE ANSWER BELOW

