



MAY 2023

FUN FACTS:

A single blueberry bush can produce roughly 6000 blueberries per year.

Breakfast Prices **Lunch Prices**
 Paid: \$1.80 Paid: \$3.20
 Reduced: \$0.30 Reduced: \$0.40
 Ala Carte Milk: \$0.90



ACE'S CORNER

Elementary School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bagel w/ Cream Cheese 1 <u>Trix Bar & Hard-Boiled Egg</u> Chicken Patty Sandwich MYO Flatbread Pizza Kit Winter Blend, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins	Oatmeal Raisin Benefit Bar 2 <u>Strawberry Poptart & String Cheese</u> Nachos MYO Flatbread Pizza Kit Refried Beans, Fresh Cucumber Slices, Side Salad, Fresh Orange, Applesauce	Mini Cinnamon Roll 3 <u>Trix Cereal Bar & Scooby Grahams</u> Grilled Cheese Sandwich MYO Flatbread Pizza Kit Steamed Carrots, Fresh Broccoli, Celery Sticks, Apple Slices, Fresh Banana	Country Chicken Bagel 4 <u>Chocolate Muffin & String Cheese</u> Meatball Sub MYO Flatbread Pizza Kit Green Beans, Side Salad, Grape Tomatoes, Fresh Orange, Diced Pears	Powdered Sugar Donut Holes 5 <u>Yogurt & Hard-Boiled Egg</u> Lunch Super Hero Day! Galaxy Cheese Pizza MYO Flatbread Pizza Kit Golden Sweet Corn, Fresh Zucchini, Red Pepper Strips, Fresh Apple, Raisins
Ultimate Breakfast Round 8 <u>Cereal & Hard-boiled Egg</u> Chicken Nuggets & Soft Pretzel Ace's Pretzel & Yogurt Fun Pack Steamed Carrots, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins	Triple Berry French Toast 9 <u>Apple Muffin & String Cheese</u> Waffles & Sausage Patty Ace's Pretzel & Yogurt Fun Pack Tater Tots, Fresh Cucumber Slices, Side Salad, Fresh Orange, Applesauce	Banana Chocolate Round 10 <u>Cheerios & Bug Bites</u> Cheese Quesadilla Ace's Pretzel & Yogurt Fun Pack Green Beans, Fresh Broccoli, Celery Sticks, Apple Slices, Fresh Banana	Turkey Maple Pancake Wrap 11 <u>Yogurt & String Cheese</u> Salisbury Steak w/ Gravy & Roll Ace's Pretzel & Yogurt Fun Pack Mashed Potatoes, Side Salad, Grape Tomatoes, Fresh Orange, Diced Peaches	Benefit Bar 12 <u>Lucky Charms & Hard-Boiled Egg</u> Pizza Crunchers Ace's Pretzel & Yogurt Fun Pack Steamed Peas, Fresh Zucchini, Red Pepper Strips, Fresh Apple, Raisins
Chocolate Chip UBR 15 <u>Cereal & Hard-boiled Egg</u> Hot Dog 1/2Ham & Cheese Sandwich Pack Veggie Baked Beans, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins	Maple Waffles 16 <u>Frosted Poptart & String Cheese</u> Cheeseburger 1/2Ham & Cheese Sandwich Pack Steamed Cauliflower, Fresh Cucumber Slices, Side Salad, Fresh Orange, Applesauce	Strawberry Cream Cheese Bagel 17 <u>Trix Cereal Bar & String Cheese</u> Chicken Patty Sandwich 1/2Ham & Cheese Sandwich Pack Green Beans, Fresh Broccoli, Celery Sticks, Apple Slices, Fresh Banana	Cinnamon Rush French Toast 18 <u>Vanilla Yogurt & Elf Grahams</u> Cheese Pizza 1/2Ham & Cheese Sandwich Pack Golden Sweet Corn, Side Salad, Grape Tomatoes, Fresh Orange, Diced Peaches	Mini Cinnamon Roll 19 <u>Cocoa Puff Bar & Hard-Boiled Egg</u> ½ Day of School No Lunch Served
Cinnamon UBR 22 <u>Cereal Bar & Hard-Boiled Egg</u> Corn Dog Ace's Muffin Fun Pack Veggie Baked Beans, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins	Blueberry Waffles 23 <u>Yogurt & Bug Bites Crackers</u> Chicken Drumstick w/Dinner Roll Ace's Muffin Fun Pack Golden Sweet Corn, Fresh Cucumber Slices, Side Salad, Fresh Orange, Applesauce	Bagel w/ Cream Cheese 24 <u>Banana Muffin & String Cheese</u> Mozzarella Sticks w/ Dipping Sauce Ace's Muffin Fun Pack Mixed Veggies, Fresh Broccoli, Celery Sticks, Apple Slices, Fresh Banana	Banana Oatmeal Round 25 <u>Cereal & String Cheese</u> Chicken Tenders & Pretzel Rod Ace's Muffin Fun Pack Steamed Broccoli, Side Salad, Grape Tomatoes, Fresh Orange, Diced Peaches	Chocolate Crescent 26 <u>Cereal Bar & Hard-Boiled Egg</u> Galaxy Pepperoni Pizza Ace's Muffin Fun Pack Steamed Carrots, Fresh Zucchini, Red Pepper Strips, Fresh Apple, Raisins
29 No School Memorial Day	Benefit Bar 30 <u>Cereal & String Cheese</u> Popcorn Chicken w/ Cheez-Its Ace's Cereal Fun Pack Green Beans, Baby Carrots, Cold Green Peas, Fresh Apple, Craisins	LAST DAY OF SCHOOL 31 Apple Frudel <u>Poptart & String Cheese</u> Pizza Crunchers Ace's Cereal Fun Pack Golden Sweet Corn, Fresh Broccoli, Celery Sticks, Fresh Orange, Applesauce	<u>Did you know?</u> *Our grains are whole-grain rich. *Breakfast cereals are reduced sugar. *We offer fresh fruit and veggies everyday! *100% fruit juice offered everyday with Breakfast & Lunch! *1% Milk & Fat Free Chocolate Milk Available Daily!	

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

