



# APRIL 2024 – Glen Hills

**Questions or Concerns? Call  
Food Service Director  
Anthony at 414-218-7933**

**Breakfast Price:  
Free**

**Lunch Price:  
Paid: \$3.00  
Reduced: \$.40**



ACE'S CORNER

Sun Butter & Jelly Sandwich offered at lunch daily

White and Chocolate Milk Available Daily

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>NO SCHOOL</b>	<b>1</b>	Pancake Bites w/Sausage Fish Sticks w/Cheeze-Its Pretzel, String Cheese, Yogurt Pack	<b>2</b>	Nacho Cheese Walking Taco Chicken Tender w/ Pretzel Rod Ham and Cheese Sub	<b>3</b>	Bacon Cheeseburger Chicken Bites w/Dipping Sauce Blueberry Parfait	<b>4</b>	Choice of Pizza Chicken Patty Sandwich Sun Butter & Jelly Sandwich	<b>5</b>
		Chef Choice Fries Fresh Broccoli Diced Pears or Banana Assorted Juice Box		Baked Beans Cucumber Coins Diced Peaches or Apple Slices Assorted Juice Box		Chef Choice Fries Celery Sticks Applesauce or Pears Assorted Juice Box		Fresh Baby Carrots Garbanzo Beans Mixed Berry Cup or Apple Assorted Juice Box	
Pizza Max Sticks w/ Marinara Hot Dog Sun Butter & Jelly Sandwich	<b>8</b>	Sloppy Joe Sandwich Chicken Tender w/Pretzel Rod Strawberry Parfait	<b>9</b>	Fried Rice w/Chicken Dumpling Chicken Patty Sandwich Turkey & Cheese Sub	<b>10</b>	French Toast Stick w/Sausage Cheeseburger Make Your Own Flatbread Pizza	<b>11</b>	Choice of Pizza Grilled Cheese Pretzel, String Cheese, Yogurt Pack	<b>12</b>
Fresh Broccoli Baked Beans Mixed Fruit Cup or Orange Assorted Juice Box		Chef Choice Fries Red Pepper Strips Diced Pears or Banana Assorted Juice Box		Steamed Broccoli Edamame Cup Diced Peaches or Apple Slices Assorted Juice Box		Wango Mango Juice Box Celery Sticks Applesauce or Pear Assorted Juice Box		Fresh Baby Carrots Spinach Salad Mixed Berry Cup or Apple Assorted Juice Box	
Mac & Cheese w/Corn Dogs Grilled Cheese Turkey & Cheese Sub	<b>15</b>	Beef Nachos Chicken Tender w/ Pretzel Rod Garden Salad w/Dinner Roll	<b>16</b>	Popcorn Chicken Potato Bowl Bosco Sticks w/Marinara Pretzel, String Cheese, Yogurt Pack	<b>17</b>	Waffles w/Scrambled Eggs BBQ Pulled Pork Sandwich Peach Parfait	<b>18</b>	Choice of Pizza Cheeseburger Ham & Cheese Sub	<b>19</b>
Chef Choice Fries Celery Sticks Mixed Fruit Cup or Orange Assorted Juice Box		Black Beans Red Pepper Strips Diced Pears or Banana Assorted Juice Box		Steamed Corn Fresh Broccoli Diced Peaches or Apple Slices Assorted Juice Box		Chef Choice Fries Cucumber Coins Applesauce or Pear Assorted Juice Box		Fresh Baby Carrots Spinach Salad Mixed Berry Cup or Apple Assorted Juice Box	
Chicken Tacos Cheeseburger Muffin, String Cheese, Yogurt Pack	<b>22</b>	Pasta w/Meat Sauce Grilled Cheese Ham & Cheese Sub	<b>23</b>	Pancake Bites w/Scrambled Egg Meatball Sub Sandwich Sun Butter & Jelly Sandwich	<b>24</b>	Orange Chicken & Rice Hot Dog Make Your Own Bagel Pizza	<b>25</b>	Choice of Pizza Chicken Patty Sandwich Pretzel, String Cheese, Yogurt Pack	<b>26</b>
Black Beans Red Pepper Strips Mixed Fruit Cup or Orange Assorted Juice Box		Chef Choice Fries Cucumber Coins Diced Pears or Banana Assorted Juice Box		Steamed Carrot Celery Sticks Diced Peaches or Apple Slices Assorted Juice Box		Steamed Broccoli Garbanzo Beans Applesauce or Pear Assorted Juice Box		Steamed Peas Fresh Baby Carrot Mixed Berry Cup or Apple Assorted Juice Box	
Vegetable Lo Mein w/Chicken Cheeseburger Blueberry Parfait	<b>29</b>	Beef Totcho Bowl Grilled Cheese Sun Butter & Jelly Sandwich	<b>30</b>						
Steamed Broccoli Fresh Baby Carrots Mixed Fruit Cup or Orange Assorted Juice Box		Chef Choice Fries Fresh Broccoli Diced Pears or Banana Assorted Juice Box							

# 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.