

JUNE 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 offered at lunch daily

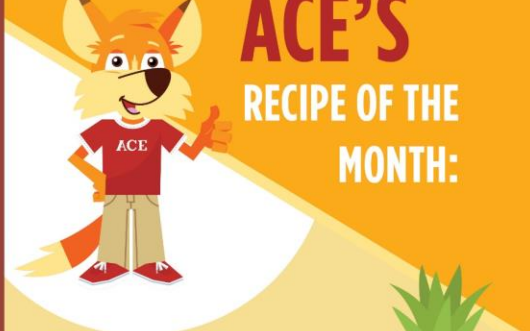
White and Chocolate Milk Available Daily

* = item contains pork products

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken Patty Sliders Cheeseburger Blueberry Parfait	3	Beef Totcho Bowl Pizza Quesadilla Sun Butter & Jelly Sandwich	4	Chicken Nuggets w/Pretzel Rod Cheese Sticks w/Marinara Pretzel, String Cheese, Yogurt	5	Waffles w/Breakfast Sausage Chef Choice Entrée Ham & Cheese Sub	6		7
Steamed Broccoli Fresh Baby Carrots Mixed Fruit Cup or Whole Fruit Assorted Juice Box		Chef Choice Fries Fresh Celery Sticks Diced Pears or Whole Fruit Assorted Juice Box		Baked Beans Fresh Broccoli Diced Peaches or Apple Slices Assorted Juice Box		Steamed Peas Vegetable Juice Applesauce or Whole Fruit Assorted Juice Box			
	10		11		12		13		14
	17		18		19		20		21
	24		25		26		27		28

YELLOW WORLD

Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include corn, yellow tomatoes, garbanzo beans, bananas, yellow peppers, and egg yolks.



PINEAPPLE COBBLER*

Serves 8

INGREDIENTS:

- 1 cup all-purpose flour
- 1 pinch of salt
- 1 cup sugar
- 1 tablespoon baking powder
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/4 lb.) unsalted butter, melted
- 1 can (20 oz.) pineapple chunks in juice, drained
- Vanilla ice cream or whipped cream (optional)

PREPARATION:

1. Preheat oven to 375°F. In a bowl, mix flour, salt, sugar, baking powder, milk, and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
2. Spread a very thin layer of batter evenly in a 9x13" baking dish and scatter pineapple chunks evenly over batter.
3. Bake 25 minutes or until pineapple has fallen to bottom of pan and top is puffed, golden brown, and springs back slightly when touched in middle. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

***DO NOT attempt cook or chop without adult supervision.**

DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through

October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



PINEAPPLE: Brimming with vitamin C, calcium, & iron
Peak Season: Apr.-May

LEMON: Bursting with fiber, vitamin C, & potassium
Peak Season: Nov.-Mar.



STARFRUIT: Full of protein, vitamins, & minerals
Peak Season: Aug.-Sep.

CHALLENGE OF THE MONTH: EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! See below for some flavorful suggestions.



STRAWBERRY, BEET, SPINACH, APPLE JUICE



PINEAPPLE, BANANA, COCONUT MILK, SPINACH



MANGO, ORANGE JUICE, CARROT JUICE