



MAY 2025 PRE-K BREAKFAST

Milk choices include 1% white milk or Skim Milk

All breakfast meals must include:

- Entrée
- Fruit
- Milk

If you or someone in your party has a food allergy, please contact a foodservice manager, chef, or dietitian on site.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			WG Mini Blueberry Pancakes Mixed Berry Applesauce Cup Milk	WG Cheerio Cereal Bowl Cheese Stick Fresh Apple Slices Milk
WG Mini Strawberry Creamy Cheese Bagels Fresh Orange Wedges Milk	WG Maple Mini Pancakes 100% Orange Juice Milk	WG Corn Chex Cereal Bowl Hard Boiled Egg Diced Pears Milk	Egg & Cheese On WG Bun Mixed Berry Applesauce Cup Milk	WG Banana Muffin Cheese Stick Fresh Apple Slices Milk
WG Cinnamon Biscuit Fresh Orange Wedges Milk	WG Cinnamon Toast Crunch French Toast 100% Orange Juice Milk	WG Blueberry Muffin Strawberry Banana Yogurt Diced Pears Milk	Breakfast Turkey Sausage, Egg & Cheese WG Bagel Mixed Berry Applesauce Cup Milk	WG Rice Chex Cereal Bowl Cheese Stick Fresh Apple Slices Milk
WG Mini Cinnamon Creamy Cheese Bagel Fresh Orange Wedges Milk	No School for Students Professional Development Day	WG Cheerio Cereal Bowl Strawberry Banana Yogurt Diced Pears Milk	Egg & Cheese On WG Bun Mixed Berry Applesauce Cup Milk	Memorial Day Weekend No School
Memorial Day Weekend No School	WG Maple Mini Pancakes 100% Orange Juice Milk	WG Corn Chex Cereal Bowl Hard Boiled Egg Diced Pears Milk	WG Mini Blueberry Waffles Mixed Berry Applesauce Cup Milk	WG Apple Cinnamon Muffin Cheese Stick Fresh Apple Slices Milk

BECAUSE OF BLUE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, they also may offer anti-inflammatory and anti-viral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blackberries, and elderberries.

DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries in the cafeteria this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



BLUE POTATOES: Loaded with protein, fiber, & copper
Peak Season: Aug.-Sep.

BLUE TOMATOES: Hearty dose of anthocyanins, lycopene, & vitamin C
Peak Season: Jul.-Sep.



BLUE CORN:
Bursting with anthocyanin & protein
Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: HYDRATING WITH INFUSED WATER

Stay hydrated this summer by making your own infused water. Experiment by mixing different fruits and veggies. Check out our recipes for inspiration.



STRAWBERRY + KIWI + LIME

WATERMELON + CUCUMBER + MINT



ACE'S RECIPE OF THE MONTH:

BERRY YUMMY FRUIT SALAD*

Serves 6



INGREDIENTS:

- 1 1/2 cups raspberries
- 1 1/2 cups blueberries
- 1 1/2 cups strawberries, hulled and halved
- 1 1/2 cups blackberries
- 1/4 cup honey
- 2 tablespoons lime juice
- 2 teaspoons poppy seeds
- Mint sprigs and lime wedges for garnish (optional)

PREPARATION:

1. Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
2. In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
3. Pour the honey mixture over the berries and toss gently to coat.
4. Serve immediately, or cover and refrigerate for up to four hours. Garnish with mint sprigs and lime wedges if desired.



*DO NOT attempt to cut or chop without adult supervision.