

MAY 2025 PRE-K LUNCH

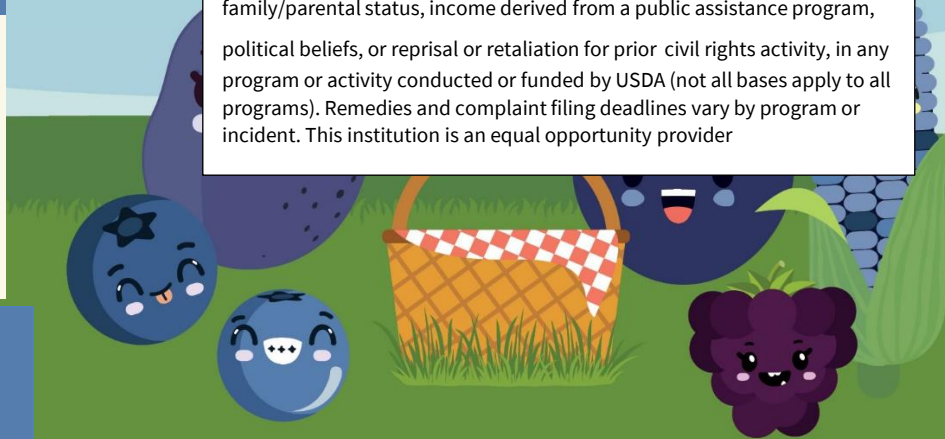
Milk choices include 1% white milk or skim milk

All lunch meals must include
Meat/Meat Alternate
Grain
Fruit
Vegetable
Fluid 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 Grilled Cheese Sandwich 1 Steamed Carrots Mandarin Oranges Milk	WG Cheese Pizza 2 Campfire Beans Applesauce Cup Milk	
Cheeseburger on WG Bun 5 Vegetarian Baked Beans Mixed Fruit Cup Milk	Beef Nachos (w/ WG Tortilla Chips) 6 Steamed Corn Diced Peaches Milk	WG Popcorn Chicken 7 Mashed Potatoes w/ Gravy Fresh Apple Slices Milk	WG Macaroni & Cheese 8 w/ WG Goldfish Steamed Carrots Strawberries Milk	WG Cheese Pizza 9 Steamed Green Beans Applesauce Cups Milk	
WG Beef Soft Tacos 12 Kickin' Pinto Beans Mixed Fruit Cup Milk	WG Bosco Sticks 13 w/ Dipping Sauce Steamed Carrots Fresh Orange Wedges Milk	WG Pancake Bites w/ Cheesy 14 Scrambled Eggs Tater Tots Diced Pears Milk	WG Chicken Tenders 15 Steamed Green Beans Mandarin Orange Milk	WG Cheese Pizza 16 Steamed Broccoli 100% Orange Juice Milk	
WG Popcorn Chicken 19 w/ WG Heartzels Campfire Beans Mixed Fruit Cup Milk	No School 20 for Students Professional Development Day		WG Eggogi Waffles 22 w/ Cheesy Scrambled Eggs Syrup Cup Waffle Fries Mandarin Oranges Milk	Memorial Day Weekend No School 23	
Memorial Day Weekend No School 26		Chicken Patty Sandwich 27 on WG Bun Crinkle Cut French Fries Diced Peaches Milk	Cheeseburger on WG Bun 28 Vegetarian Baked Beans Diced Pears Milk	Nacho Cheese Walking Taco 29 (w/ WG Chips) Steamed Corn Strawberries Milk	WG Cheese Pizza 30 Steamed Broccoli Applesauce Cup 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.