

Daily Fruit & Veg Options*:

- Monday- Apple slices, Baby carrots
- Tuesday- Peaches, Sliced Cucumber
- Wednesday- Applesauce, Celery sticks
- Thursday- Banana, Baby carrots
- Friday- Apple slices, Broccoli


Daily Juice & Milk Options:

- All 100% fruit Juices: Apple, Fruit Punch, Grape
- 1% White Milk
- Skim Chocolate Milk

Offered Daily:

- Pretzel Pack (WG pretzel, string cheese, and yogurt)
- Sun butter & Jelly Sandwich
- Deli Sandwich (with or without meat)

Meal Price: \$3.05

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Country Chicken Bowl Hot Dog Corn Caesar Salad	31 Crunchy Beef Tacos Hot Dog Pinto Beans Caesar Salad	1 	2  No School	3  No School
6  No School	7 Beef Nachos Mini Corndogs Black Beans Egg Chef Salad	8 Cheese or Pepperoni Pizza Mini Corndogs Green Beans Egg Chef Salad	9 French Toast Turkey Sausage Mini Corndogs Tater Tots Egg Chef Salad	10 Pizza Max Sticks Mini Corndogs Sliced Carrots Egg Chef Salad
13 Fish Sticks & Mac and Cheese Chicken Patty Sand. Peas Romaine & Cheese Salad	14 Cheese or Chicken Quesadilla Chicken Patty Sand. Pinto Beans Romaine & Cheese Salad	15 Cheese or Pepperoni Pizza Chicken Patty Sand. Mixed Veggies Romaine & Cheese Salad	16 Mini Maple Pancakes Turkey Sausage Chicken Patty Sand. Potato Smiles Romaine & Cheese Salad	17 General Tso Chicken w/ Rice Chicken Patty Sand. Broccoli Romaine & Cheese Salad
20 Cheeseburger Popcorn Chicken Fries Southwest Salad	21 Chicken Nachos Popcorn Chicken Vegetarian Beans Southwest Salad	22 Cheese or Pepperoni Pizza Popcorn Chicken Green Beans Southwest Salad	23 Waffles Turkey Sausage Popcorn Chicken Tater Tots Southwest Salad	24 Pizza Crunchers Popcorn Chicken Sliced Carrots Southwest Salad
27 Turkey & Cheese Pretzel Melt Hot Dog Peas Popcorn Chicken Salad	28 Soft Beef Tacos Hot Dog Black Beans Popcorn Chicken Salad	29 Cheese or Pepperoni Pizza Hot Dog Mixed Veggies Popcorn Chicken Salad	30  Strawberry Puff Pancakes Turkey Sausage Hot Dog Potato Smiles Popcorn Chicken Salad	National School Lunch Hero Day! 1 Meatball Sub Hot Dog Broccoli Popcorn Chicken Salad 

JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, and green peppers—contain the antioxidants lutein and zeaxanthin, which have been shown to protect eye health and fight some cancers. Dark leafy greens also contain folate, a B-vitamin and form of folic acid that can help boost concentration, energy levels, and mood. So grab some greens, your body will thank you.

DISCOVER : KIWI

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



CELERY:

Filled with vitamins, fiber, & antioxidants
Peak Season: Apr. – Dec.

SPINACH: Hearty dose of protein, calcium, & potassium
Peak Season: Mar – Jun.



AVOCADO: Packed with vitamins, phytonutrients, & minerals
Peak Season: Apr. – Mar.

CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE



ACE'S RECIPE OF THE MONTH:

THAI COCONUT & BROCCOLI SOUP*

Serves 4

INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

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