

April



ACE'S CORNER

Breakfast Prices
Paid: \$1.50
Reduced: \$0.30

Lunch Prices
Paid: \$2.80
Reduced: \$0.40

All meals **MUST** include a fruit *and/or* vegetable and may include: 1% low-fat milk or Skim Chocolate Milk

This institution is an equal opportunity provider.

Cheese Sandwich offered at lunch daily

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Pasta Bar Penne, Marinara, Bolognese, or Butter Buttered Peas</p> <p>Weekly Specials: Meatball Parm Grinder</p>	<p>2</p> <p>Beef Nacho's WG Tortilla Chips, Cheese, Sour Cream Campfire Pinto Beans Brown Rice</p>	<p>3</p> <p>Chicken Parmesan w/ Garlic Bread Roasted Cauliflower</p>	<p>4</p> <p>Blueberry Waffle Turkey Sausage Sweet Potato Fries</p> <p>Turkey & Cheddar Sandwich</p>	<p>5</p> <p>Cheese Pizza Pepperoni Pizza Caesar Salad</p>
<p>8</p> <p>Mac & Cheese Roasted Green Beans</p> <p>Weekly Specials: Pizza Bagel</p>	<p>9</p> <p>Soft Beef Tacos WG Flower Tortilla, Cheese, Sour Cream Campfire Pinto Beans</p>	<p>10</p> <p>General Tso's Chicken Roasted Broccoli Brown Rice</p>	<p>11</p> <p>½ Day Chicken Tenders w/ WG Dinner Roll Butternut Squash</p>	<p>12</p> <p>½ Day Cheese Pizza Roasted Corn</p> <p>American Combo</p>
<p>15</p> <p>Available Every Day: Sun butter & Jelly on WG bread w/ a cheese stick WG Bagel served with a cheese stick and yogurt</p>	<h1>SPRING BREAK</h1>			<p>19</p> <p>~All breads are WG and delivered fresh daily~ ~Chicken is whole muscle~ ~Milk is hormone and antibiotic free~</p>
<p>22</p> <p>Chicken Pasta w/ Rose Sauce Roasted Broccoli</p> <p>Weekly Special: Honey Mustard Chicken Melt</p>	<p>23</p> <p>Honey Stung Chicken Steamed Rice Roasted Zucchini</p>	<p>24</p> <p>BBQ Chicken Melt Steamed Carrots</p>	<p>25</p> <p>Confetti Pancakes Turkey Sausage Hash Browns</p> <p>Blueberry Parfait w/ Granola</p>	<p>26</p> <p>Cheese Pizza Meatball Pizza Roasted Garbanzo Beans</p>
<p>29</p> <p>Baked Ziti Garlic Bread Spinach</p> <p>Weekly Special: Cheeseburger</p>	<p>30</p> <p>Vegetable Dumplings Sweet Potato Tater Tot</p>	<p>xx</p> <p>Sweet & Sour Chicken Steamed Rice Sautéed Onions & Peppers</p>	<p>xx</p> <p>Mashed Potato Bar Cheddar Cheese, Broccoli Black Bean Salad</p>	<p>xx</p> <p>Cheese Pizza Pepperoni Pizza French Fries</p> <p>Chicken Caesar Salad</p>

TOASTY TONES

While not as colorful as the rest of the food rainbow, brown produce provides invaluable health benefits. Ranging from tan to deep brown in color, these hearty seeds, beans, roots, and grains are high in fiber and antioxidants, which help protect the body against digestive and heart issues. This family of foods includes most whole grains like wheat, brown rice, quinoa, and oats, as well as nuts, coffee, tea, and dark chocolate.

DISCOVER: DATES

Best not be late when the menu calls for dates! In season October through January, dates are a delicious snack or baking addition packed with fiber, calcium, and iron.



ALMONDS: Bursting with, fiber, magnesium, & vitamin E

Peak Season: Aug.-Oct.

BROWN PEAR:

Hearty dose of vitamin C, fiber, and copper

Peak Season: Sep.-Apr.



QUINOA: Brimming with fiber, protein, & quercetin

Peak Season: Sep.-Nov.

CHALLENGE OF THE MONTH: BEAN MOSAICS

Mosaics are about using small objects to make a bigger picture. First decide what you want to depict and draw a rough outline on your background. Then paint glue over a small area at a time and place the beans in the glue to make your masterpiece.

You'll need: glue, paintbrush, cardboard, pencils, and a variety of dry beans and seeds



ACE'S
RECIPE OF THE
MONTH:

HEALTHY-YET-DELICIOUS BROWNIES*

Serves 16

INGREDIENTS:

- 15 fresh medjool dates
- 3/4 cup cacao powder
- 2 free-ranged eggs
- 1/3 cup cold-pressed coconut oil (melted)
- 1/2 to 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1 pinch of sea salt

PREPARATION:

1. Preheat the oven to 360° Fahrenheit.
2. Pour boiling water into a large bowl, carefully place a smaller bowl into the water, and then add the coconut oil into the small bowl to melt.
3. Pit the dates, soak them in warm water for 5-10 minutes, then remove from water.
4. Blend the dates, coconut oil, eggs, and cacao powder together in a blender until smooth.
5. Grease a baking dish with extra coconut oil and pour the brownie batter in.
6. Bake for 20-25 minutes (depending on thickness).
7. Once cooked, remove from oven, let them cool, sprinkle with extra cacao powder, cut into squares, and enjoy!

***DO NOT attempt to cook, bake, or blend without adult supervision.**