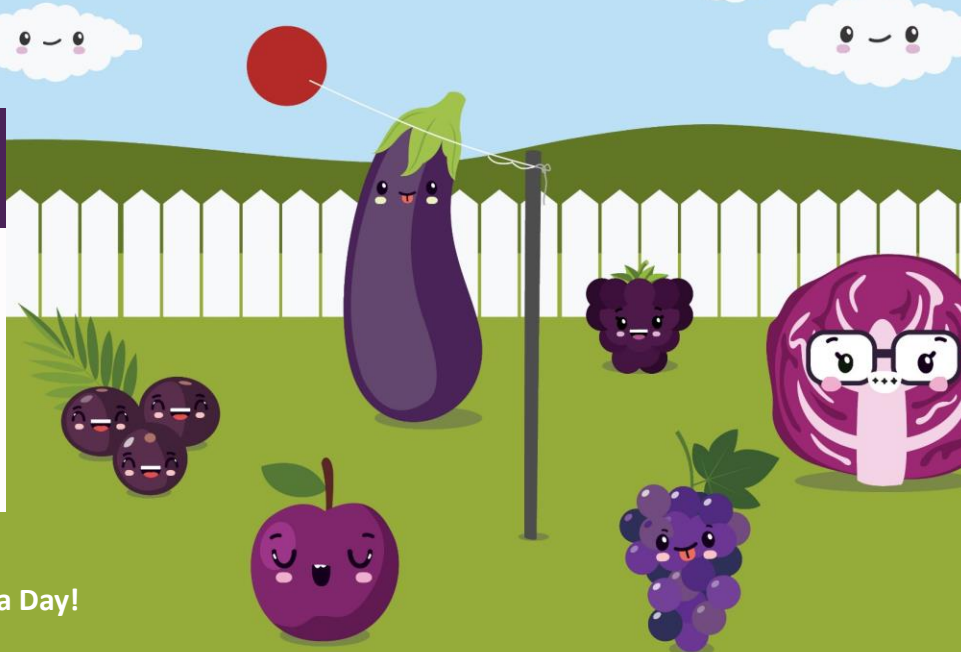


APRIL 2024



**Elliott, Hamilton, Hicks,
Roosevelt-McGrath, &
Taft-Galloway Elementary
Schools**

ACE'S CORNER



**Extra Slice of Pizza is \$2.00 on Pizza Day!
Menus are Subject to Change.**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Nutri Grain Bar Applesauce	1	Muffin & Cheese Stick Whole Fruit	2	Cinni Mini Fruit Cup	3	Cereal Banana	4	Fruit Bread Fruit Juice	5
A. Chicken Drumstick & Roll B. Uncrustable (No Peanut) C. Muffin & Cheese Plate		A. Domino's Pizza B. Muffin & Cheese Plate		A. Beef Tacos B. Mexican Pizza C. Muffin & Cheese Plate		A. French Toast Sticks B. Cheese Pizza Quesadilla C. Muffin & Cheese Plate		A. Beef Hot Dog B. Bean & Cheese Burrito C. Muffin & Cheese Plate	
Breakfast Round Applesauce	8	Pop Tart Whole Fruit	9	Tiger Bites & Yogurt Fruit Cup	10	Zee Zee Bar Apple Slices	11	Apple Frudel Fruit Juice	12
A. Chicken Tenders & Roll B. Uncrustable (No Peanut) C. Hummus & Pita Plate King Pancake @ Roosevelt McGrath		A. Domino's Pizza B. Hummus & Pita Plate		A. Beefy Nacho's B. Ham & Cheese Sandwich C. Hummus & Pita Plate		A. Pancakes and Sausage B. Chef's Salad C. Hummus & Pita Plate King Pancake @ Taft-Galloway		A. Chicken Patty Sandwich B. Cook's Choice C. Hummus & Pita Plate	
Nutri Grain Bar Applesauce	15	Muffin & Cheese Stick Whole Fruit	16	Mini Strawberry Bagel Apple Slices	17	Cereal Banana	18	Fruit Bread Fruit Juice	19
A. Cheeseburger B. Uncrustable (No Peanut) C. Egg & Cheese Plate		A. Domino's Pizza B. Egg & Cheese Plate		A. Cheese Ravioli B. Taco Stick C. Egg & Cheese Plate King Pancake @ Hamilton		A. BBQ Rib Sandwich B. Cheese Pizza Quesadilla C. Egg & Cheese Plate		A. Chicken Patty Sandwich B. Bean and Cheese Burrito C. Egg & Cheese Plate King Pancake @ Hicks	
Breakfast Round Applesauce	22	Pop Tart Whole Fruit	23	Tiger Bites & Yogurt Fruit Cup	24	Zee Zee Bar Apple Slices	25	Cherry Frudel Fruit Juice	26
A. Chicken Nuggets & Roll B. Uncrustable (No Peanut) C. Yogurt Plate		A. Domino's Pizza B. Yogurt Plate		A. Bosco Sticks B. Mexican Pizza C. Yogurt Plate		A. Top Your Own Yogurt B. Corn Dog King Pancake @ Elliott		A. Chicken Patty Sandwich B. Cook's Choice	
Nutri Grain Bar Applesauce	29	Muffin & Cheese Stick Whole Fruit	30	NO SCHOOL PROFESSIONAL DEVELOPMENT DAY		Cereal Banana	2	Fruit Bread Fruit Juice	3
A. Sloppy Joe Sandwich B. Uncrustable (No Peanut) C. Muffin & Cheese Plate		A. Domino's Pizza B. Muffin & Cheese Plate				A. Pepperoni Crazy Bread B. Crazy Cheese Bread C. Muffin & Cheese Plate		A. Chicken Patty Sandwich B. Turkey and Cheese Sandwich C. Muffin & Cheese Plate	

PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

DISCOVER: PLUM

Look out for plum perfection this month.

In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



PURPLE CAULIFLOWER:

Brimming with vitamin C, potassium & fiber
Peak Season: Dec. - Feb.

CONCORD GRAPES: Bursting with manganese, vitamin K, & anthocyanins
Peak Season: Sep. - Oct.



EGGPLANT:

Full of fiber, folate, & antioxidants
Peak Season: Jul. - Oct.

CHALLENGE OF THE MONTH: CABBAGE COLOR KIT

Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

DIRECTIONS: Bring water to a boil with the chopped cabbage.* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.

MATERIALS:

White clothes to dye
1 large pot
1 strainer
2 cups of chopped red cabbage
5 cups of water

Choose one or the other:

2 tablespoons of apple cider vinegar for purple

OR

1 teaspoon of baking soda for blue



Tie rubber bands around different parts of the shirt beforehand to create patterns!

*DO NOT attempt cook or chop without adult supervision.



ACE'S RECIPE OF THE MONTH:

CREAMY PURPLE BERRY SMOOTHIE*

Serves 2

INGREDIENTS:

1/2 cup of pomegranate juice

1 tablespoon of honey

3 ounces of silken firm tofu (about 1/2 cup)

1 cup of frozen unsweetened mixed berries

1 cup of frozen unsweetened strawberries

Whip cream (optional)

PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



*DO NOT attempt cook or chop without adult supervision.

This institution is an equal opportunity provider.