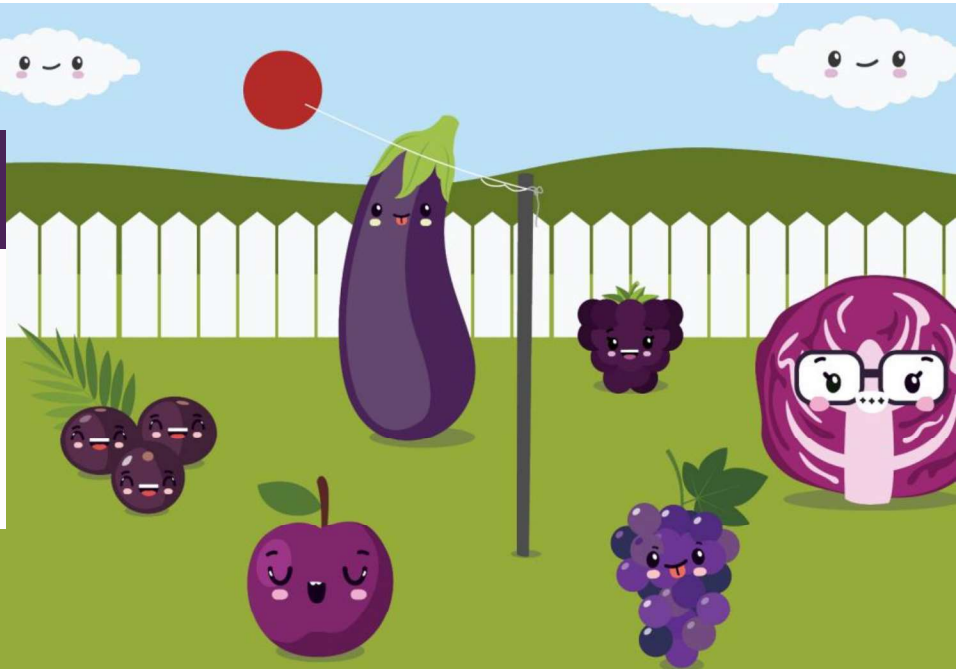


# APRIL 2025

## Delavan Preschool



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>BKFST:</b> Cheerios <b>1</b>  <b>Lunch:</b> Cheeseburger Cooked Broccoli & Diced Pears  <b>Snack:</b> Pretzel Goldfish & Applesauce	<b>BKFST:</b> Blueberry Bread <b>2</b>  <b>Lunch:</b> Country Popcorn Chicken Bowl Apple  <b>Snack:</b> Bagel w/ Jelly & Milk	<b>BKFST:</b> Cheerios <b>3</b>  <b>Lunch:</b> Chicken Nuggets Tater Tots & Applesauce  <b>Snack:</b> Pretzel Rod & Yogurt	<b>BKFST:</b> Maple Waffles <b>4</b>  <b>Lunch:</b> Cheese Pizza Rainbow Blend & Apricots  <b>Snack:</b> String Cheese & Applesauce
<b>BKFST:</b> Lemon Bread <b>7</b>  <b>Lunch:</b> BBQ Riblet French Fries & Mixed Fruit  <b>Snack:</b> Pretzel Goldfish & Yogurt	<b>BKFST:</b> Cheerios <b>8</b>  <b>Lunch:</b> Chicken Patty Cooked Carrots & Banana  <b>Snack:</b> Grahams & Milk	<b>BKFST:</b> Maple Waffles <b>9</b>  <b>Lunch:</b> Pretzel, Yogurt & Cheese Pack Zucchini Slices & Diced Peaches <b>Snack:</b> Cheez-It & Cucumber Slices	<b>BKFST:</b> Cheerios <b>10</b>  <b>Lunch:</b> Chicken Tenders w/ Pretzel Rod Rainbow Vegetables & Diced Pears <b>Snack:</b> Tiger Grahams & String Cheese	<b>BKFST:</b> Mini Strawberry Cream <b>11</b> Cheese Bagels  <b>Lunch:</b> Mac & Cheese Cooked Carrots & Applesauce <b>Snack:</b> Animal Crackers & Milk
<b>BKFST:</b> Blueberry Waffles <b>14</b>  <b>Lunch:</b> Grilled Cheese Steamed Broccoli & Orange Wedges  <b>Snack:</b> Animal Crackers & Milk	<b>BKFST:</b> Cheerios <b>15</b>  <b>Lunch:</b> Sloppy Joe Waffle Fries & Banana  <b>Snack:</b> Pretzel Rod & Yogurt	<b>BKFST:</b> Banana Bread <b>16</b>  <b>Lunch:</b> Cheeseburger Baked Beans & Diced Peaches  <b>Snack:</b> Cheddar Goldfish & Applesauce	<b>BKFST:</b> Cheerios <b>17</b>  <b>Lunch:</b> Popcorn Chicken Cooked Carrots & Diced Pears  <b>Snack:</b> Grahams & Milk	<b>BKFST:</b> Maple Waffles <b>18</b>  <b>Lunch:</b> Turkey & Cheese Sandwich Zucchini Slices & Applesauce  <b>Snack:</b> Animal Crackers & Milk
<b>BKFST:</b> Pumpkin Bread <b>21</b>  <b>Lunch:</b> Ham & Cheese Sandwich Cucumber Slices & Mixed Fruit  <b>Snack:</b> Goldfish & Applesauce	<b>BKFST:</b> Cheerios <b>22</b>  <b>Lunch:</b> Pretzel & Cheese Sauce Cooked Carrots & Banana  <b>Snack:</b> Grahams & Milk	<b>BKFST:</b> Maple Waffles <b>23</b>  <b>Lunch:</b> Chicken Nuggets w/ Pretzel Rod Zucchini Slices & Diced Peaches <b>Snack:</b> Cheez-It & Cucumber Slices	<b>BKFST:</b> Cheerios <b>24</b>  <b>Lunch:</b> BBQ Riblet Rainbow Vegetables & Diced Pears <b>Snack:</b> Tiger Grahams & String Cheese	<b>BKFST:</b> Mini Strawberry Cream <b>25</b> Cheese Bagels  <b>Lunch:</b> Cheese Pizza Cooked Carrots & Applesauce <b>Snack:</b> Animal Crackers & Milk
<b>BKFST:</b> Cinnamon Raisin Bagel w/ Cream Cheese <b>28</b>  <b>Lunch:</b> Chicken Patty Sliders Rainbow Veggies & Mixed Fruit <b>Snack:</b> Bagel w/ Jelly & Milk	<b>BKFST:</b> Cheerios <b>29</b>  <b>Lunch:</b> Pretzel, Yogurt & Cheese Pack Red Pepper Strips & Diced Pears <b>Snack:</b> Pretzel Rod & Orange	<b>BKFST:</b> Blueberry Waffles <b>30</b>  <b>Lunch:</b> MYO Pizza Bagel Pack Mashed Potatoes & Diced Peaches <b>Snack:</b> Muffin & Milk		

# 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.



## 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:

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



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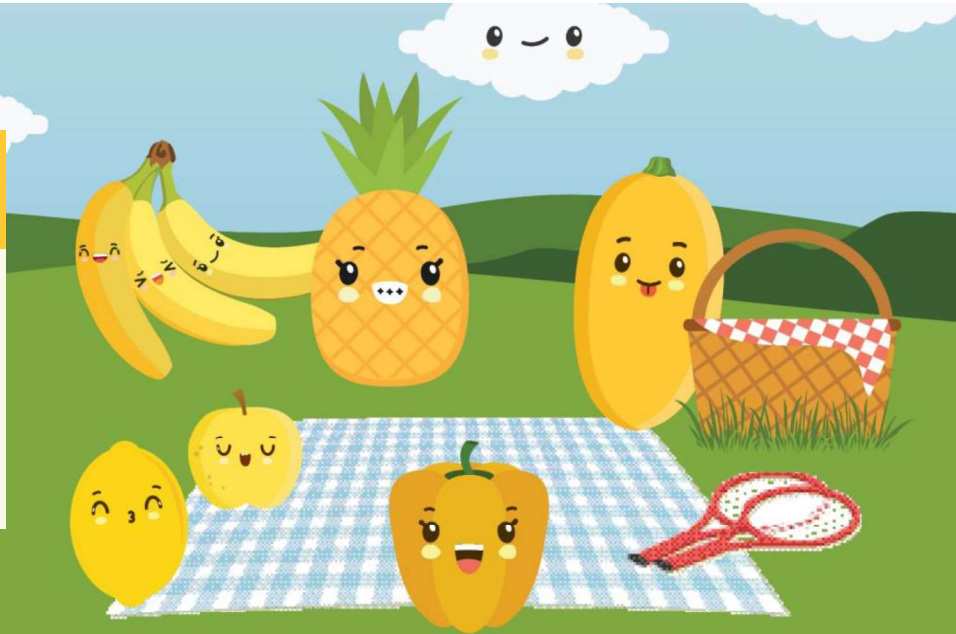
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MAY 2025

Delavan Preschool

ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>BKFST:</b> Cheerios <b>1</b>  <b>Lunch:</b> French Toast w/ Sausage Patties Celery Sticks & Warm Cinnamon Apples <b>Snack:</b> String Cheese & Applesauce	<b>BKFST:</b> Yogurt w/ Grahams <b>2</b>  <b>Lunch:</b> Cheese Pizza Cooked Carrots & Applesauce <b>Snack:</b> Cheez-it & Milk
<b>BKFST:</b> Mini Strawberry Cream Cheese Bagels <b>5</b>  <b>Lunch:</b> BBQ Riblet French Fries & Orange <b>Snack:</b> Muffin & Milk	<b>BKFST:</b> Cheerios <b>6</b>  <b>Lunch:</b> Frito Walking Tacos Cooked Broccoli & Diced Pears <b>Snack:</b> Pretzel Goldfish & Applesauce	<b>BKFST:</b> Blueberry Bread <b>7</b>  <b>Lunch:</b> Country Popcorn Chicken Bowl Apple <b>Snack:</b> Bagel w/ Jelly & Milk	<b>BKFST:</b> Cheerios <b>8</b>  <b>Lunch:</b> Chicken Nuggets Tater Tots & Applesauce <b>Snack:</b> Pretzel Rod & Yogurt	<b>BKFST:</b> Maple Waffles <b>9</b>  <b>Lunch:</b> Pepperoni Pizza Rainbow Blend & Apricots <b>Snack:</b> String Cheese & Applesauce
<b>BKFST:</b> Lemon Bread <b>12</b>  <b>Lunch:</b> Cheesy Pull Apart French Fries & Mixed Fruit <b>Snack:</b> Pretzel Goldfish & Yogurt	<b>BKFST:</b> Cheerios <b>13</b>  <b>Lunch:</b> Cheeseburger Cooked Carrots & Banana <b>Snack:</b> Grahams & Milk	<b>BKFST:</b> Maple Waffles <b>14</b>  <b>Lunch:</b> Chicken Tenders w/ Pretzel Rod Zucchini Slices & Diced Peaches <b>Snack:</b> Cheez-It & Cucumber Slices	<b>BKFST:</b> Cheerios <b>15</b>  <b>Lunch:</b> Ham & Cheese Sandwich Rainbow Vegetables & Diced Pears <b>Snack:</b> Tiger Grahams & String Cheese	<b>BKFST:</b> Mini Strawberry Cream Cheese Bagels <b>16</b>  <b>Lunch:</b> Cheese Pizza Cooked Carrots & Applesauce <b>Snack:</b> Animal Crackers & Milk
<b>BKFST:</b> Blueberry Waffles <b>19</b>  <b>Lunch:</b> Grilled Cheese Steamed Broccoli & Orange Wedges <b>Snack:</b> Animal Crackers & Milk	<b>BKFST:</b> Cheerios <b>20</b>  <b>Lunch:</b> Chicken Patty w/ Signature Sauce Waffle Fries & Banana <b>Snack:</b> Pretzel Rod & Yogurt	<b>BKFST:</b> Banana Bread <b>21</b>  <b>Lunch:</b> Cheeseburger Baked Beans & Diced Peaches <b>Snack:</b> Cheddar Goldfish & Applesauce	<b>BKFST:</b> Cheerios <b>22</b>  <b>Lunch:</b> Waffle w/ Sausage Links Red Pepper Strips & Applesauce <b>Snack:</b> String Cheese w/ Applesauce	<b>BKFST:</b> Maple Waffles <b>23</b>  <b>Lunch:</b> Chef's Choice <b>Snack:</b> String Cheese & Applesauce
<b>26</b>  <b>No School</b>	<b>BKFST:</b> Cheerios <b>27</b>  <b>Lunch:</b> Pretzel w/ Cheese Cooked Carrots & Banana <b>Snack:</b> Grahams & Milk	<b>BKFST:</b> Maple Waffles <b>28</b>  <b>Lunch:</b> Chicken Nuggets w/ Pretzel Rod Zucchini & Peaches <b>Snack:</b> Cheez it & Cucumber Slices	<b>BKFST:</b> Cheerios <b>29</b>  <b>Lunch:</b> BBQ Riblet Rainbow Veggies & Pears <b>Snack:</b> Grahams & String Cheese	<b>BKFST:</b> Mini Strawberry Cream Cheese Bagels <b>30</b>  <b>Lunch:</b> Cheese Pizza Cooked Carrots & Applesauce <b>Snack:</b> Animal Crackers & Milk

# YELLOW WORLD

Sunny yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include corn, yellow tomatoes, garbanzo beans, bananas, yellow peppers, and egg yolks.

## DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



**PINEAPPLE:** Brimming with vitamin C, calcium, & iron  
**Peak Season:** Apr.-May

**LEMON:** Bursting with fiber, vitamin C, & potassium  
**Peak Season:** Nov.-Mar.



**STARFRUIT:** Full of protein, vitamins, & minerals  
**Peak Season:** Aug.-Sep.

## CHALLENGE OF THE MONTH: EAT THE RAINBOW

This summer, cool down the healthy way with some natural, homemade Popsicles! With an adult's help, use a blender to experiment mixing different fruits and veggies together to create the perfect frozen treat. Then freeze them overnight in an ice cube tray or Popsicle mold and enjoy! See below for some flavorful suggestions.



STRAWBERRY, BEET,  
SPINACH, APPLE JUICE



PINEAPPLE, BANANA,  
COCONUT MILK, SPINACH



MANGO, ORANGE JUICE,  
CARROT JUICE



## ACE'S RECIPE OF THE MONTH:

### PINEAPPLE COBBLER\*

Serves 8



#### INGREDIENTS:

- 1 cup all-purpose flour
- 1 pinch of salt
- 1 cup sugar
- 1 tablespoon baking powder
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1 stick (1/4 lb.) unsalted butter, melted
- 1 can (20 oz.) pineapple chunks in juice, drained
- Vanilla ice cream or whipped cream (optional)

#### PREPARATION:

1. Preheat oven to 375°F. In a bowl, mix flour, salt, sugar, baking powder, milk, and vanilla extract; stir until mixture forms a smooth batter. Gently stir in butter.
2. Spread a very thin layer of batter evenly in a 9x13" baking dish and scatter pineapple chunks evenly over batter.
3. Bake 25 minutes or until pineapple has fallen to bottom of pan and top is puffed, golden brown, and springs back slightly when touched in middle. Cool cobbler slightly and then serve warm with vanilla ice cream or whipped cream, if desired.

**\*DO NOT attempt cook or chop without adult supervision.**