

MAY 2026

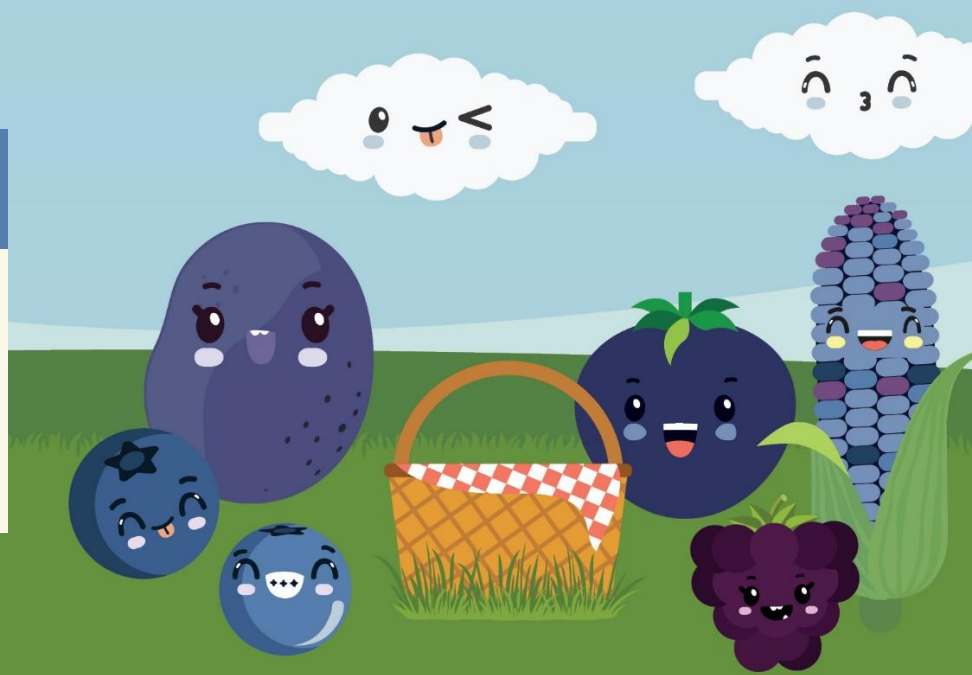
DAILY OPTIONS:

Assorted Milk all meal periods



ACE'S CORNER

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Blueberry Muffin Top 01 Apple Juice
				Cheese Pizza Cucumber Slices & Banana
				White Cheddar Chex Mix & Milk
Pumpkin Bread 04 Apple Slices	Cheerios 05 Fresh Orange	Mini Cream Cheese Bagels 06 Applesauce	Blueberry Bread 07 Banana	Chex Cereal 08 Apple Juice
MYO Pizza Flatbread French Fries & Mixed Fruit	Chicken Tenders Cooked Carrots & Pears	Walking Taco Zucchini Slices & Peaches	Grilled Cheese Red Pepper Strips & Apple	Pepperoni Pizza Cucumber Slices & Whole Banana
Cheez-It & Cucumber w/ Ranch	Bug Bite Crackers & Milk	Yogurt & Goldfish	Pretzel Goldfish & String Cheese	Cucumber Slices w/ Ranch & Animal Crackers
Bagel w/ Cream Cheese 11 Apple Slices	Pumpkin Bread 12 Fresh Orange Wedges	Yogurt 13 Applesauce	Cheerios 14 Banana	Mini Maple Waffles 15 Apple Juice
Cheeseburger Mashed Potatoes & Mixed Fruit	Chicken Patty Sliders Zucchini Slices & Pears	Maxx Sticks w/ Sauce Veg Blend & Peaches	French Toast w/ Sausage Celery Sticks & Warm Cinnamon Apples	Cheese Pizza Cooked Carrots & Whole Banana
ChatSnax & Milk	Pretzel & Capri Sun	Bagel w/ Jelly & Milk	String Cheese & Apple	Scooby Snacks & String Cheese
Blueberry Muffin Top 18 Apple Slices	Chex Cereal 19 Fresh Orange Wedges	Mini Cream Cheese Bagels 20 Applesauce	Cheerios 21 Banana	Lemon Bread 22 Apple Juice
Popcorn Chicken French Fries & Orange Wedges	BBQ Riblet Roasted Cauliflower & Pears	Cheese Pizzadilla Broccoli & Apple Slices	Chicken Patty Tater Tots & Applesauce	Pepperoni Pizza Cucumber Slices & Fruit Juice
Animal Crackers & Milk	Pretzel Goldfish & Baby Carrots w/ Ranch	Bagel w/ Jelly & Milk	Yogurt & Pretzel	Apple & Milk
25 No School Memorial Day!	Cheerios 26 Fresh Orange Wedges	Yogurt 27 Applesauce	Mini Maple Waffles 28 Banana	Strawberry Mini Cream Cheese Bagels 29 Apple Juice
	Cheeseburger Cucumber Slices & Whole Apple	Mini Pancakes w/ Cheese Omelet Fresh Broccoli & Warm Cinnamon Peaches	Honey Stung Popcorn Chicken Mashed Potatoes & Applesauce	Cheese Pizza Red Pepper Strips & Whole Banana
	Bug Bite Crackers & Milk	Cheez-It w/ Cucumber Slices & Ranch	String Cheese & Pretzel Goldfish	Yogurt & Cheez-Its

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:

- Place the raspberries, blueberries, strawberries, and blackberries in a large bowl.
- In a small bowl, whisk together the honey, lime juice, and poppy seeds until well combined.
- Pour the honey mixture over the berries and toss gently to coat.
- 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.