

AUGUST-SEPTEMBER 2023



Edison, P. D. Graham,
Schweitzer, Wildwood, &
Winter Walker Elementary
Schools

ACE'S CORNER



Cheese Sandwich offered at lunch daily

Vegetarian entrees are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK WAYNE WESTLAND STUDENTS 28 <hr/>	29 Muffin & Cheese Stick Applesauce <hr/> ½ Day No Lunch Served	30 Strawberry Bagel Fruit Juice <hr/> A. Chicken Nuggets B. Grilled Cheese Sandwich C. Muffin & Cheese Plate	31 Cinni Mini Apple Slices <hr/> A. Domino's Pizza B. Muffin & Cheese Plate	1 NO SCHOOL HOLIDAY BREAK
4 NO SCHOOL HOLIDAY BREAK	5 Pop Tart Applesauce <hr/> A. Pepperoni Crazy Bread B. Crazy Cheese Bread C. Muffin & Cheese Plate	6 Tiger Bites Apple Slices <hr/> A. Bosco Sticks B. Mexican Pizza C. Ham & Cheese Sandwich	7 Cereal Banana <hr/> A. Domino's Pizza B. Ham & Cheese Sandwich	8 Fruit Bread Fruit Juice <hr/> A. Chicken Patty Sandwich B. Bean & Cheese Burrito C. Ham & Cheese Sandwich
11 Breakfast Round Applesauce <hr/> A. Corn Dog Nuggets B. Uncrustable (No Peanut) C. Yogurt Plate	12 Muffin & Cheese Stick Whole Fruit <hr/> A. Macaroni & Cheese w/Pretzel B. Turkey Burger C. Yogurt Plate	13 Cinni Mini Fruit Cup <hr/> A. Beef Hot Dog B. Italian Stromboli C. Yogurt Plate	14 Zee Zee Bar Apple Slices <hr/> A. Domino's Pizza B. Yogurt Plate	15 Donut Day! Fruit Juice <hr/> A. Chicken Patty Sandwich B. Chef's Salad C. Yogurt Plate
18 Nutri Grain Bar Applesauce <hr/> A. Chicken Drumstick & Roll B. Uncrustable (No Peanut) C. Turkey & Cheese Sub	19 Pop Tart Whole Fruit <hr/> A. Popcorn Chicken Bowl B. Crazy Cheese Bread C. Turkey & Cheese Sub	20 Bagel & Cream Cheese Apple Slices <hr/> A. Walking Taco B. Cheese Pizza Quesadilla C. Turkey & Cheese Sub	21 Cereal Banana <hr/> A. Domino's Pizza B. Turkey & Cheese Sub	22 Fruit Bread Fruit Juice <hr/> A. Chicken Patty Sandwich B. Bean & Cheese Burrito C. Turkey & Cheese Sub
25 Breakfast Round Applesauce <hr/> A. Chicken Tenders & Roll B. Uncrustable (No Peanut) C. Hummus & Pita Plate	26 Muffin & Cheese Stick Whole Fruit <hr/> A. Pancakes & Sausage B. Corn Dog C. Hummus & Pita Plate	27 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY	28 Zee Zee Bar Apple Slices <hr/> A. Domino's Pizza B. Chips, Cheese, & Salsa	29 Cook's Choice Cook's Choice <hr/> A. Chicken Patty Sandwich B. Chef's Salad C. Chips, Cheese, & Salad

GREEN MACHINE

Great for the body and mind, most green fruits and veggies—including avocados, spinach, celery, 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

Look out for sweet and tangy kiwi this month. In season late September to early November, kiwi is packed with vitamins, antioxidants, and fiber.



BROCCOLI: Loaded with vitamins, protein, & iron
Peak Season: Oct. – Apr.

CUCUMBERS: Low calorie, hydrating, & packed with phytonutrients
Peak Season: May – Aug.



GRANNY SMITH APPLE:
Bursting with vitamins A, B, C, E, & K, plus fiber
Peak Season: Oct. – Nov.

CHALLENGE OF THE MONTH: EAT YOUR GREENS

Starting with your favorite leafy greens, draw your very own salad recipe! Remember, adding a variety of colorful produce is beneficial to your health. Bonus points for bringing your ideal salad to life at home*.



SPINACH



ROMAINE



KALE



ARUGULA



MANGOLD



ICEBERG
LETTUCE



ACE'S RECIPE OF THE MONTH:

GREAT GREENS SPINACH AND GREEN APPLE SALAD*

Serves 4

INGREDIENTS:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 pinch of salt and pepper
- 5 cups of baby spinach
- 1 Granny Smith apple
- 1/3 cup of chopped walnuts

PREPARATION:

1. Ask an adult to toast the walnut pieces in a dry skillet over a medium-high heat until fragrant, about 2 minutes.
2. In a small bowl, whisk together the oil, vinegar, and mustard. Season with salt and pepper to taste.
3. Toss the spinach with the dressing until evenly coated.
4. Ask an adult to core and cut the Granny Smith apple into small cubes.
5. Top the salad with the apple pieces and chopped walnuts.
6. Enjoy!

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