

AUGUST-SEPTEMBER 2023



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

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.**