

MAY 2024 –

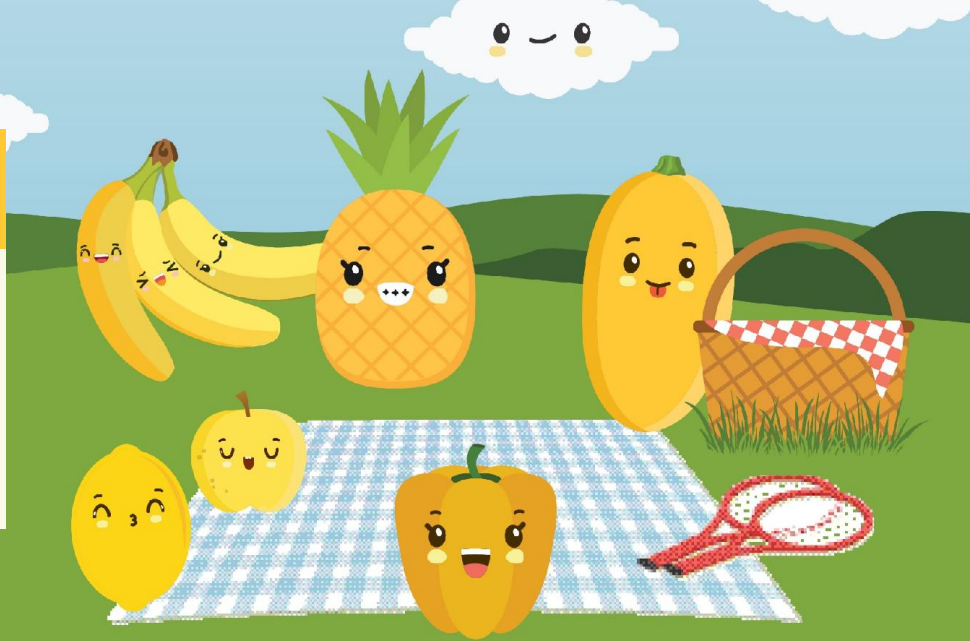
Bayside

Questions or Concerns? Call
Food Service Director Anthony
at 414-218-7933

Breakfast Price:
Pais: \$1.85
Reduced: \$.40

Lunch Price:
Paid: \$3.00
Reduced: \$.40

ACE'S CORNER



Sun Butter & Jelly offered at lunch daily

White and Chocolate Milk Available Daily

* = item contains pork products

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

		Fish Sandwich 1 Chicken Nuggets w/Pretzel Rod Pretzel, String Cheese, Yogurt Pack Baked Beans Celery Sticks Diced Peaches or Apples Slices Juice Box	Waffles w/Turkey Links 2 Turkey Melt Ham & Cheese Sub* Steamed Green Beans Red Pepper Strips Applesauce or Pear Juice Box	Choice of Pizza* 3 Grilled Cheese Turkey & Cheese Sub Wango Mango Juice Box Cucumber Coins Mixed Berry Cup or Apple Juice Box
Fish Sticks w/Cheez-Its 6 Chicken Bites w/Pretzel Rod Sun Butter & Jelly Sandwich Steamed Broccoli Red Pepper Strips Mixed Fruit Cup or Orange Juice Box	Korean Meatballs w/Rice 7 Pancake Bites w/Sausage Pretzel, String Cheese, Yogurt Pack Chef's Choice Fries Fresh Broccoli Cup Diced Pears or Orange Juice Box	Nacho Cheese Walking Taco 8 Chicken Tender w/Pretzel Rod Ham & Cheese Sub* Baked Beans Cucumber Coins Diced Peaches or Apple Slices Juice Box	Bacon Cheeseburger* 9 Hot Dog Blueberry Parfait Steamed Peas Celery Sticks Applesauce or Pear Juice Box	Choice of Pizza* 10 Chicken Patty Sandwich Turkey & Cheese Sub Steamed Green Beans Fresh Baby Carrots Mixed Berry Cup or Apple Juice Box
Beef Totcho Bowl 13 Hot Dog Sun Butter & Jelly Sandwich Baked Beans Fresh Broccoli Mixed Fruit Cup or Orange Juice Box	Pizza Max Sticks w/Sauce 14 Chicken Tender w/Pretzel Rod Strawberry Parfait Chef's Choice Fries Red Pepper Strips Diced Pears or Orange Juice Box	Fried Rice w/Chicken Dumpling 15 Chicken Patty Turkey & Cheese Sub Steamed Broccoli Edamame Cup Diced Peaches or Apple Slices Juice Box	French Toast Sticks w/Sausage 16 Cheeseburger Make Your Own Flatbread Pizza Steamed Peas Celery Sticks Applesauce or Pear Juice Box	Choice of Pizza* 17 Chicken Patty Sandwich Pretzel, String Cheese, Yogurt Pack Wango Mango Juice Box Fresh Baby Carrots Mixed Berry Cup or Apple Juice Box
Mac & Cheese w/Mini Corn Dog 20 Grilled Cheese Turkey & Cheese Sub Chef's Choice Fries Celery Sticks Mixed Fruit Cup or Orange <Insert Lunch Item>	Beef Nachos 21 Chicken Tenders w/Pretzel Rod Garden Salad w/Dinner Roll Steamed Broccoli Red Pepper Strips Diced Pears or Orange Juice Box	Popcorn Chicken Potato Bowl 22 Bosco Sticks w/Marinara Sun Butter & Jelly Sandwich Steamed Corn Fresh Baby Carrots Diced Peaches or Apple Slices Juice Box	Waffles w/Scrambled Egg 23 BBQ Pulled Pork Sandwich Blueberry Parfait Chef's Choice Fries Cucumber Coins Applesauce or Pear Juice Box	Choice of Pizza* 24 Cheeseburger Ham & Cheese Sub* Spinach Salad Fresh Baby Carrots Mixed Berry Cup or Apple Juice Box
27	28	29	30	31

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 COBLER*

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.**