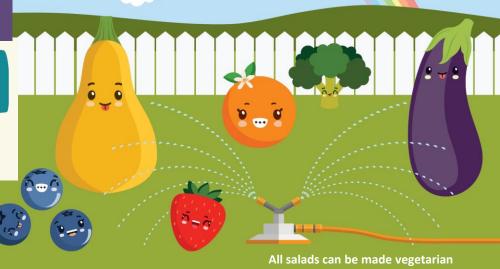


AUGUST 2022



*Extra servings of the same food or 6 or more foods will result in an additional charge.

ACE'S CORNER



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 01 | 02 | 03 | Now Hiring! Work While Kids are in School No Weekends, Holidays or Evenings. Apply online @ www.aramark.com or email | |
| 08 | 09 | 10 | 11 | 12 |
| 15 | WELCOME BACK TO SCHOOL! | 17 | 18 | 19 |
| 22 | Pizza Crunchers 23 Cheeseburger Ham & Cheese Sandwich Assorted Fruit & 100% Fruit Juice Fresh Broccoli, Fresh Cucumber White or Chocolate Milk | Daily Pizza Option Chicken Patty Popcorn Chicken Salad Assorted Fruit & 100% Fruit Juice Baby Carrots, Kickin' Pinto Beans White or Chocolate Milk | Pancakes & Sausage Hot Dog Sun Butter Jelly Sandwich Applesauce & 100% Fruit Juice Steamed Broccoli, French Fries White or Chocolate Milk | Max Pizza Sticks 26 Hamburger Muffin Fun Pack Assorted Fruit & 100% Fruit Juice Side Salad, Tater Tots White or Chocolate Milk |
| Daily Pizza Option 29 Chicken Nuggets Romaine Salad with Cheese Craisins & 100% Fruit Juice Baby Carrots, Kickin' Pinto Beans White or Chocolate Milk | Chicken Tenders Cheeseburger Turkey & Cheese Sandwich Assorted Fruit & 100% Fruit Juice Fresh Cucumber, Sweet Potato Fries White or Chocolate Milk | Fish Sticks Grilled Cheese Melt Romaine Salad with Cheese Assorted Fruit & 100% Fruit Juice Steamed Broccoli, Baby Carrots White or Chocolate Milk | | |

EATING THE RAINBOW

A colorful variety on your plate is more than just a feast for the eyes; it's a good choice nutritionally. You might remember learning about Roy G. Biv—red, orange, yellow, green, blue, indigo, and violet—an acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Each color signals a range of health benefits that we will explore together.

DIG IN WITH MONTHLY DISCOVERIES

Be sure to check out each month's Discover spotlight to try a vibrant fruit or veggie that showcases the delicious potential of nature's bounty.



CHALLENGE OF THE MONTH: GARDEN YOGA

Yoga is a great way to stretch and be mindful of your body and the world around you. Be sure to take deep breaths in each pose.



BE A FROG

Lower down into a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



BE A TREE

Stand on one leg.
Bend the other
knee and place the
sole of your foot
on your inner thigh.
Sway like a tree in
the breeze. Repeat
with other leg.



BE A BUTTERFLY

Sit with your spine straight. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

ACE'S RECIPE OF THE MONTH:

RAINBOW FLATBREAD PIZZA*

INGREDIENTS:

- 1 package (2 pieces) of Stonefire naan
- 1/2 cup of pizza sauce
- 1/2 cup of shredded Mozzarella cheese
- 4 cups of chopped colorful veggies (such as broccoli, green peppers, yellow peppers, grape tomatoes, and thinly sliced purple potatoes)
- 2 tsp. of olive oil
- 1 tsp. of Italian seasonings

PREPARATION:

- 1. Preheat the oven to 425°F and put both naan pieces side by side on the baking sheet. Use a spoon to evenly spread the pizza sauce between the two.
- 2. Sprinkle the cheese on top of the sauce and layer the veggies in a rainbow pattern on top of the cheese.
- 3. Drizzle a bit of olive oil on each and then sprinkle on Italian seasoning.
- 4. Bake for about 20 minutes, or until veggies are cooked and the crust is slightly golden. Wait a few minutes for it to cool and enjoy!

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