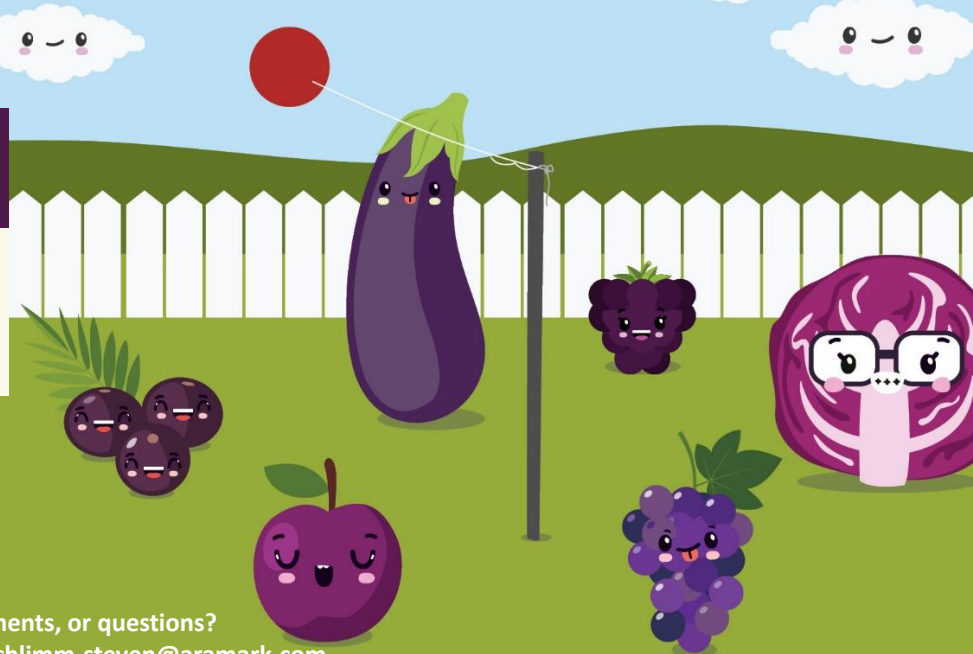


# SEPTEMBER

## Mariemont Elementary School

### Café Menu

\*Menus are subject to change



\*Wow Butter (Soy Based) & Jelly Sandwiches, Yogurt Snack Boats, Milk Varieties and a Colorful Assortment of Fruits & Vegetables Available Daily

Suggestions, comments, or questions? Contact Steve at [Schlimm-steven@aramark.com](mailto:Schlimm-steven@aramark.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<p><b>Featured Offerings</b> <sup>1</sup>  <b>Breakfast for Lunch!</b>  </p>	<p><b>Pizza Day!</b> <sup>2</sup>                      Enjoy a big slice of freshly baked Cheese or Pepperoni Pizza!                      Steamed Broccoli                      Orange Juice                      Milk</p>
 5	<p><b>Featured Offerings</b> <sup>6</sup>                      Meatballs &amp; Spaghetti                      Mixed Vegetables                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>7</sup>                      Cheesy Beef Taco                      Crisps                      Zesty Refried Beans                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>8</sup>  <b>Breakfast for Lunch!</b>  </p>	<p><b>Pizza Day!</b> <sup>9</sup>                      Enjoy a big slice of freshly baked Cheese or Pepperoni Pizza!                      Steamed Broccoli                      Orange Juice                      Milk</p>	
<p><b>Featured Offerings</b> <sup>12</sup>                      Boneless Wings with Celery or Carrots                      Waffle Fries                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>13</sup>                      Popcorn Chicken &amp; Mashed Potato Bowl                      Baked Beans                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>14</sup>                      Cheese Ravioli &amp; Tomato Sauce                      Green Beans                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>15</sup>  <b>Breakfast for Lunch!</b>  </p>	<p><b>Pizza Day!</b> <sup>16</sup>                      Enjoy a big slice of freshly baked Cheese or Pepperoni Pizza!                      Steamed Broccoli                      Orange Juice                      Milk</p>	
<p><b>Featured Offerings</b> <sup>19</sup>                      Chicken &amp; Noodles                      Green Beans                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>20</sup>                      Cheesy Chili Fries                      Bell Pepper Strips                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>21</sup>                      Meatloaf                      Mashed Potatoes &amp; Gravy                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>22</sup>  <b>Breakfast for Lunch!</b>  </p>	<p><b>Pizza Day!</b> <sup>23</sup>                      Enjoy a big slice of freshly baked Cheese or Pepperoni Pizza!                      Steamed Broccoli                      Orange Juice                      Milk</p>	
<p><b>Featured Offerings</b> <sup>26</sup>                      Chicken Nugget &amp; Donut Hole Kabob                      Zucchini                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>27</sup>                      Cincy Chili Three Way                      Carrots                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>28</sup>                      Meatball Hoagie                      French Fries                      Fresh &amp; Packaged                      Fruit Selections                      Milk</p>	<p><b>Featured Offerings</b> <sup>29</sup>  <b>Breakfast for Lunch!</b>  </p>	<p><b>Pizza Day!</b> <sup>30</sup>                      Enjoy a big slice of freshly baked Cheese or Pepperoni Pizza!                      Steamed Broccoli                      Orange Juice                      Milk</p>	

# PURPLE REIGN

Purple can be viewed as an indicator that you are eating foods with a powerful array of health benefits. Fruits and vegetables of this color are rich in anthocyanins, which give foods with their unique color and may benefit brain health, help lower inflammation, and fight cancer and heart disease. In addition to anthocyanins, purple produce offers several other key vitamins and nutrients. Purple powerhouses you should add to your diet include blackberries, boysenberries, cherries, and purple cabbages.

## DISCOVER: PLUM

Look out for plum perfection this month. In season late April through October, plums are a juicy snack brimming with vitamins A and C, calcium, and potassium.



## PURPLE CAULIFLOWER:

Brimming with vitamin C, potassium & fiber  
Peak Season: Dec. - Feb.

**CONCORD GRAPES:** Bursting with manganese, vitamin K, & anthocyanins  
Peak Season: Sep. - Oct.



## EGGPLANT:

Full of fiber, folate, & antioxidants  
Peak Season: Jul. - Oct.

## CHALLENGE OF THE MONTH: CABBAGE COLOR KIT

Transform white fabrics into natural purple and blue tones straight from the cabbage patch! After gathering the materials, follow the directions below.

**DIRECTIONS:** Bring water to a boil with the chopped cabbage.\* Reduce heat and simmer for 20 minutes. Strain and transfer only liquid back to pot. Add damp fabric and simmer 10-20 minutes. Rinse, or leave in bath overnight and rinse with hot water until water runs clear. Dry. Heat set by ironing for 5 minutes.

### MATERIALS:

White clothes to dye  
1 large pot  
1 strainer  
2 cups of chopped red cabbage  
5 cups of water

Choose one or the other:

2 tablespoons of apple cider vinegar for purple

OR

1 teaspoon of baking soda for blue



Tie rubber bands around different parts of the shirt beforehand to create patterns!

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



## ACE'S RECIPE OF THE MONTH:

## CREAMY PURPLE BERRY SMOOTHIE\*

Serves 2

### INGREDIENTS:

1/2 cup of pomegranate juice

1 tablespoon of honey

3 ounces of silken firm tofu (about 1/2 cup)

1 cup of frozen unsweetened mixed berries

1 cup of frozen unsweetened strawberries

Whip cream (optional)

### PREPARATION:

1. Place all ingredients in a blender, cover, and blend thoroughly.
2. Pour into two cups, add whip cream if you want, and enjoy!



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

This institution is an equal opportunity provider.