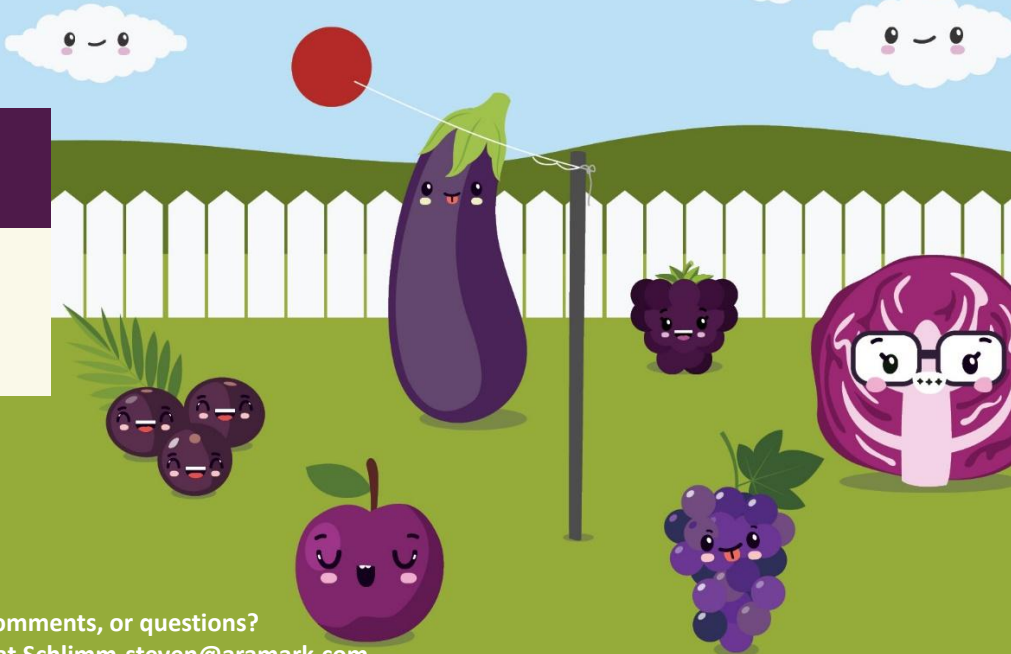


SEPTEMBER

Terrace Park 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

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