

APRIL 2022

Mariemont Elementary School Lunch Menu

**Menus are subject to change



ACE'S CORNER

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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								Featured Offerings: 1 PIZZA DAY! Enjoy House-made Pepperoni or Cheese Mixed Vegetables	
Featured Offerings: 4 Salisbury Steak w/ Gravy OR Hot Dog on Bun Mashed Potatoes	Featured Offerings: 5 TACO TUESDAY OR Chicken Nuggets w/ Pretzel Rod Black Beans	Featured Offerings: 6 Mini Corn Dogs OR Chicken Patty on Bun Seasoned Corn	Breakfast for Lunch Day 7 Smiley Fries	Featured Offerings: 8 PIZZA DAY! Enjoy House-made Pepperoni or Cheese Side Salad					
Featured Offerings: 11 Sloppy Joe Melt on Bun OR Hot Dog on Bun Seasoned Green Beans	Featured Offerings: 12 Meatball Hoagie OR Chicken Tenders w/ Pretzel Rod Mixed Vegetables	Featured Offerings: 13 Chicken Pot Pie w/ Biscuit OR Chicken Patty on Bun Mashed Potatoes	Breakfast for Lunch Day 14 Hash Brown Patty	NO SCHOOL					
Featured Offerings: 18 Chicken Parmesan over Spaghetti & Breadstick OR Hot Dog on Bun Seasoned Corn	Featured Offerings: 19 Homemade Macaroni & Cheese w/ Dinner Roll OR Chicken Nuggets w/ Pretzel Rod Seasoned Green Beans	Featured Offerings: 20 Mini Corn Dogs OR Chicken Patty on Bun Baked Beans	Breakfast for Lunch Day 21 Tater Tots	Featured Offerings: 22 PIZZA DAY! Enjoy House-made Pepperoni or Cheese Side Salad					
Featured Offerings: 25 Popcorn Chicken Bowl w/ Dinner Roll OR Hot Dog on Bun Mashed Potatoes Seasoned Corn	Featured Offerings: 26 TACO TUESDAY! OR Chicken Nuggets w/ Pretzel Rod Seasoned Refried Beans	CHEFS CHOICE 27 Steamed Broccoli		Breakfast for Lunch Day 28 Smiley Fries	Featured Offerings: 29 PIZZA DAY! Enjoy House-made Pepperoni or Cheese Side Salad				

JOLLY GREENS

Great for the body and mind, most green fruits and veggies—including broccoli, cucumbers, granny smith apples, 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

Not to be confused with the bird or New Zealanders, tangy kiwis are coming to the menu this month. In season during the winter, these juicy berries are packed with vitamin C, fiber, and antioxidants



CELERY:

Filled with vitamins, fiber, & antioxidants
Peak Season: Apr. – Dec.

SPINACH: Hearty dose of protein, calcium, & potassium
Peak Season: Mar – Jun.



AVOCADO: Packed with vitamins, phytonutrients, & minerals
Peak Season: Apr. – Mar.

CHALLENGE OF THE MONTH: SPOT THE DIFFERENCE

Circle the difference between each pair below. There are four difference for each pair. How fast can you find them?



BROCCOLI



APPLE



ACE'S RECIPE OF THE MONTH:

THAI COCONUT & BROCCOLI SOUP*

Serves 4

INGREDIENTS:

- 1/3 cup green curry paste
- 1 (13.5-ounce) can coconut milk
- 3 cups water
- Sea salt and cracked black pepper to taste
- 1 pound broccoli florets, chopped
- 2 cups baby spinach leaves, plus more to serve
- 2 cups cilantro leaves
- 2 scallions, shredded
- Crispy shallots or onions, to serve

PREPARATION:

1. Place curry paste in a medium saucepan over medium heat and cook, stirring, for one minute.
2. Add the coconut milk, water, salt, and pepper and bring to a boil.
3. Add the broccoli, cover, and cook for 10 minutes or until the broccoli is tender.
4. Remove from the heat and add the spinach leaves and half the cilantro.
5. Using an immersion blender, blender, or processor, blend the soup until smooth.
6. Divide among serving bowls and top with the extra spinach, remaining cilantro, scallions, and shallots.

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