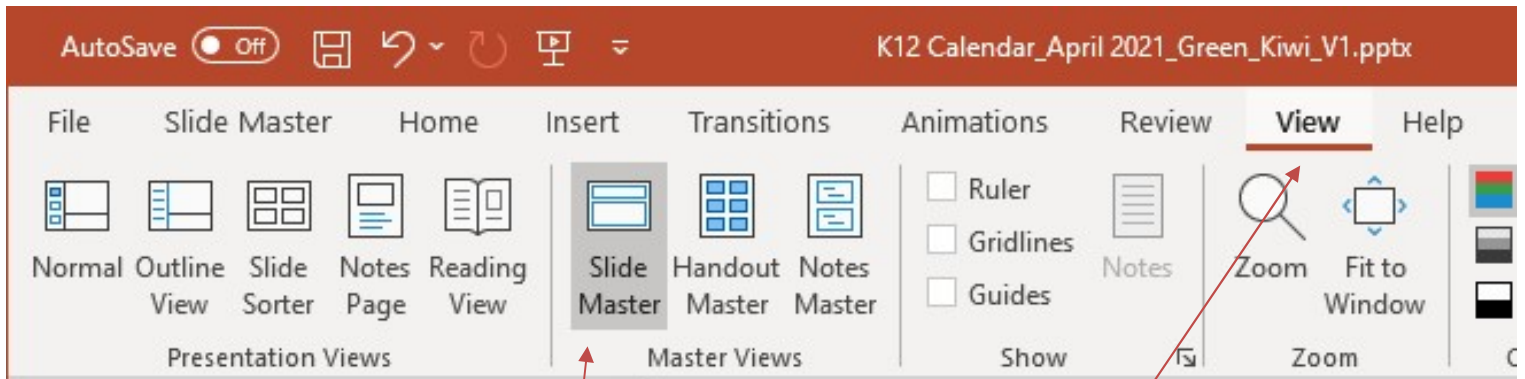
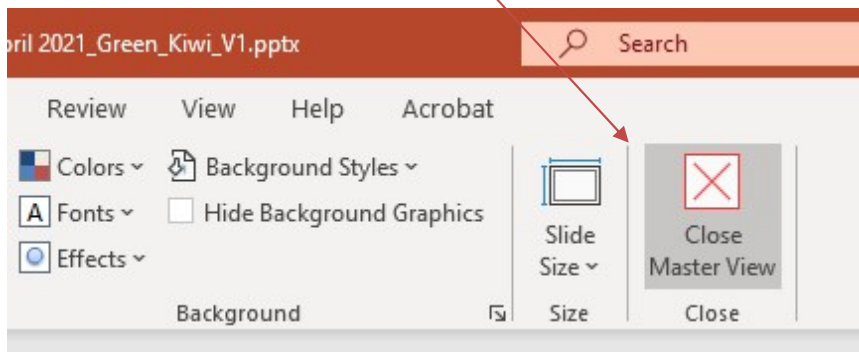


DIRECTIONS FOR EDITING CALENDAR



1. Click on the **Slide Master** found in the **View** tab
2. Select the Master Slide with the **calendar**
3. Double Click in each cell to edit date
HINT: Hit Tab to advance cell to cell
4. **Close Master View** (found in header/ribbon)



5. Edit year, Add logo, and populate your menu on Slide 2
6. Work with local vendor for printing

APRIL 2024

PICK 2



ACE'S CORNER

Breakfast Prices

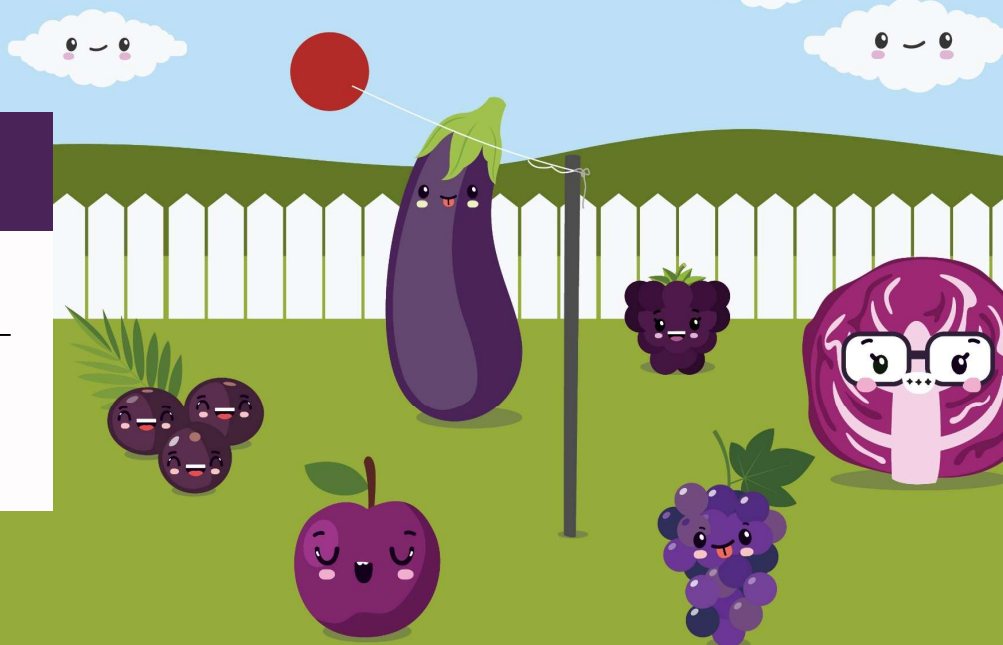
Paid: \$1.00

Reduced: \$0.30

Lunch Prices

Paid: \$2.60

Reduced: \$0.40



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COOKIE CRUMBLE DONUT 01 1.FISH STICKS 2.CHICKEN NUGGETS 3.HAM COBB SALAD GREEN BEANS	EGG OMELET 02 1.CHEESE QUESADILLA 2.GRILLED CHEESE 3.FRUIT,CHEESE&YOGURT KICKEN PINTO	BISCUT AND GRAVY 03 1.CHEESE PIZZA 2.HOT DOG 3.HAM COBB SALAD STEAMED CARROTS	BANANNA MUFFIN 04 1.CHICKEN PARM FLATBREAD 2.BACON CHEESEBURGER 3.FRUIT,CHEESE&YOGURT FRENCH FRIES	PANCAKE ON STICK 05 1.PEPPERONI PIZZA 2.CHICKEN SANDWICH 3.HAM COBB SALAD STEAMED BROCCOLI
NO SCHOOL 08	APPLE CINNAMON MUFFIN 09 1.SPAGHETTI 2.CHICKEN TENDERS 3.FRUIT,CHEESE&YOGURT GREEN BEANS	OMELET 10 1.SAUSAGE PIZZA 2.CHEESEBURGER 3.EGG CHEF BAKED BEANS	APPLE FRUDEL 11 1.FRENCH TOAST STICKS 2.CORN DOG 3.FRUIT,CHEESE&YOGURT TATER TOTS	PANCAKE ON STICK 12 1.CHEESE PIZZA 2.FISH 3.EGG CHEF STEAMED BROCCOLI
BREAKFEAST PIZZA 15 1.BBQ CHICKEN FLATEBREAD 2.HAMBURGER 3.FRUIT,CHEESE&YOGURT FRENCH FRIES	PANCAKE BITES 16 1.BEEF NACHOS 2.BBQ RIB 3.TURKEY CHEF REFRIED BEANS	OMELET 17 1.PEPPERONI PIZZA 2.CHICKEN TENDERS 3.FRUIT,CHEESE&YOGURT STEAMED CARROTS	PANCAKE ON STICK 18 1.CHICKEN & NOODLES 2.MINI CORNDOGS 3.TURKEY CHEF MASHED POTATOS	PUMPKIN DONUT 19 1.CHEESE PIZZA 2.GRILLED CHEESE 3.FRUIT,CHEESE&YOGURT STEAMED BROCCOLI
FRENCH TOAST 22 1.SOFT TACO 2.CHICKEN TENDERS 3.POPCORN CHICKEN SALAD CAMPFIRE BEANS	BLUEBERRY MUFFIN 23 1.COUNTRY FRIED STEAK 2.CORND OG ON STICK 3'FRUIT,CHEESE&YOGURT CORN	SAUSAGE CHEESE BISCUT 24 1.PANCAKE BITES 2.CHICKEN SANDWICH 3.POPCORN CHICKEN SALAD TATER TOTS	MINI CINNI 25 1.CHEESE PIZZA 2.CHEESEBURGER 3.FRUIT,CHEESE&YOGURT GREEN BEANS	WAFFLE 26 1.PEPPERPNI PIZZA 2.BBQ RIB 3.POPCORN CHICKEN SALAD STEAMED BOCCOLI
<BREAKFEAST PIZZA 29 1.POPCORN CHICKEN 2.GRILLED CHEESE 3.HAM CHEF SALAD MASHED POTATOES	OMELET 30 1.PEPPERONI PIZZA 2.CHICKEN SANDWICH 3.FRUIT,CHEESE&YOGURT STEAMED CARROTS			

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.