

AUGUST 2023



ACE'S CORNER

Breakfast and lunch are
FREE for all students!

Please complete a Meal
Application Form on the
MiStar Parent Portal.

Offered Daily at Lunch ~

B. Cool Kids ~ Yogurt, String Cheese, Muffin

C. Chef's Salad w/ Turkey

Hot vegetable written in green

Visit the Fruit & Vegetable Bar available daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Apply online @ www.aramark.com				
Cold Breakfast available before school ²⁸ <hr/> Cheese Bosco Sticks w/ Marinara Sauce Mixed Vegetable	Cold Breakfast available before school ²⁹ <hr/> Chicken Patty Sandwich Carrot Coins	Cold Breakfast available before school ³⁰ <hr/> Tater Tot Beef Nachos Black Beans	Cold Breakfast available before school ³¹ <hr/> Eggoji Waffles w/ Turkey Sausage Potatoes	No School Labor Day Weekend ¹



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: SAVOR THE FLAVORS OF SUMMER

The warm summer months yield a vibrant array of colorful fruits and veggies. The following are just a few delicious summer selections that you can seek out at your local markets.



PEACHES



TOMATOES



GARLIC



EGGPLANT



CORN



CUCUMBERS

ACE'S RECIPE OF THE MONTH:



GRILLED VEGGIE SHISH KABOB*

INGREDIENTS:

- Green Zucchini
- Yellow Squash
- Red Onion
- Orange or Red Bell Pepper
- White or Brown Mushrooms
- Metal or Bamboo Skewers

PREPARATION:

Ask an adult to cut ingredients to appropriate size. (Mushrooms may not need to be cut.)

INSTRUCTIONS:

Once cut, help the adult slide vegetables onto skewers, making sure 1 or 2 pieces of each veggie are on each skewer.

Ask the adult to place skewers on hot grill for about 15 minutes, or until vegetables are cooked to your desired taste.

Garnish the kabobs with olive oil or fresh herbs (optional).