

SEPTEMBER 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
28 Cold Breakfast available before school <hr/> Cheese Bosco Sticks w/ Marinara Sauce Mixed Vegetable	29 Cold Breakfast available before school <hr/> Chicken Patty Sandwich Carrot Coins	30 Cold Breakfast available before school <hr/> Tater Tot Beef Nachos Black Beans	31 Cold Breakfast available before school <hr/> Eggoji Waffles w/ Turkey Sausage Potatoes	1 No School Labor Day Weekend
4 No School Labor Day	5 Cold Breakfast available before school <hr/> C.Corn Dog Baked Beans	6 Cold Breakfast available before school <hr/> Nacho Cheese Walking Taco Corn	7 Cold Breakfast available before school <hr/> Chicken Tenders with Roll Carrot Coins	8 Cold Breakfast available before school <hr/> Deep Dish Cheese Pizza Carrot Coins
11 Cold Breakfast available before school <hr/> T.Hot Dog on a Bun Baked Beans	12 Cold Breakfast available before school <hr/> Pizza Chicken Meatball Sub Green Beans	13 Cold Breakfast available before school <hr/> Asian Steamed Chicken & Vegetable Dumplings Carrot Coins	14 Cold Breakfast available before school <hr/> French Toast Sticks w/ Turkey Sausage Potatoes	15 Cold Breakfast available before school <hr/> Deep Dish Cheese Pizza Mixed Vegetables
18 Cold Breakfast available before school <hr/> Macaroni & Cheese w/ Roll Green Beans	19 Cold Breakfast available before school <hr/> Beef Nachos Black Beans	20 Cold Breakfast available before school <hr/> Popcorn Chicken & Orange Sauce over Brown Rice Broccoli Cuts	21 Cold Breakfast available before school <hr/> Cheeseburger on a Bun Corn	22 Cold Breakfast available before school <hr/> Deep Dish Cheese Pizza Carrot Coins
25 No School	26 Cold Breakfast available before school <hr/> Cheeseburger on a Bun Carrot Coins	27 Cold Breakfast available before school <hr/> Mini C.Sausage Pancake Bites Potatoes	28 Cold Breakfast available before school <hr/> Chicken Tenders with Brown Rice and Thai Sate Sauce Broccoli Cuts	29 Cold Breakfast available before school <hr/> Deep Dish Cheese Pizza Green Beans

GREEN MACHINE

Great for the body and mind, most green fruits and veggies—including avocados, spinach, celery, 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

Look out for sweet and tangy kiwi this month. In season late September to early November, kiwi is packed with vitamins, antioxidants, and fiber.



BROCCOLI: Loaded with vitamins, protein, & iron
Peak Season: Oct. – Apr.

CUCUMBERS: Low calorie, hydrating, & packed with phytonutrients
Peak Season: May – Aug.



GRANNY SMITH APPLE:
Bursting with vitamins A, B, C, E, & K, plus fiber
Peak Season: Oct. – Nov.

CHALLENGE OF THE MONTH: EAT YOUR GREENS

Starting with your favorite leafy greens, draw your very own salad recipe! Remember, adding a variety of colorful produce is beneficial to your health. Bonus points for bringing your ideal salad to life at home*.



SPINACH



ROMAINE



KALE



ARUGULA



MANGOLD



ICEBERG
LETTUCE



ACE'S RECIPE OF THE MONTH:

GREAT GREENS SPINACH AND GREEN APPLE SALAD*

Serves 4

INGREDIENTS:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 pinch of salt and pepper
- 5 cups of baby spinach
- 1 Granny Smith apple
- 1/3 cup of chopped walnuts

PREPARATION:

1. Ask an adult to toast the walnut pieces in a dry skillet over a medium-high heat until fragrant, about 2 minutes.
2. In a small bowl, whisk together the oil, vinegar, and mustard. Season with salt and pepper to taste.
3. Toss the spinach with the dressing until evenly coated.
4. Ask an adult to core and cut the Granny Smith apple into small cubes.
5. Top the salad with the apple pieces and chopped walnuts.
6. Enjoy!

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