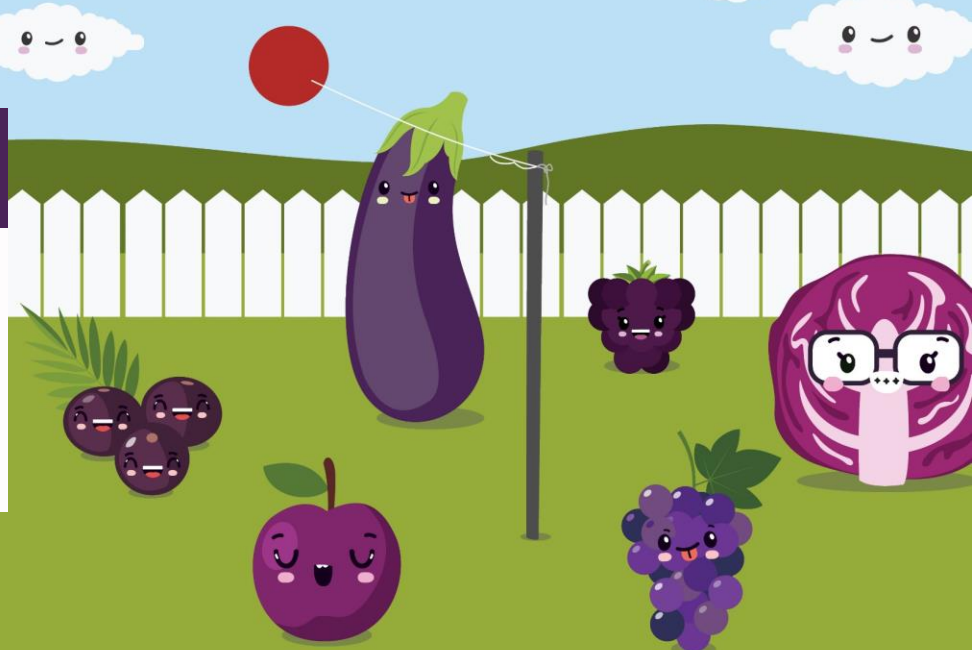


ABRIL 2025

Opciones diarias:**Leches variadas**

ACE'S CORNER



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1	2	3	4
	¡¡PRIMAVERA!!	¡¡PRIMAVERA!!	¡¡PRIMAVERA!!	¡¡PRIMAVERA!!
7	8	9	10	11
1: Tacos suaves 2: Costilla de barbacoa Frijoles negros y ensalada Mezcla de Frutas y Jugos	1: Hamburguesa con queso 2: Paquete de manzana, yogur y queso Tater Tots y pepinos en escabeche Plátano y jugo	1: Sándwich de hamburguesa de pollo 2: Wrap de jamón y queso Palitos de apio y zanahorias baby Canela tibia. Duraznos y jugo	1: Macarrones con queso 2: Tirón cursi Maíz y Edamame Puré de manzana y jugo	1: Pizza de queso 2: Ensalada italiana con panecillo Ensalada de espinacas y tiras de pimiento rojo Manzana y jugo
14	15	16	17	18
1: Pollo con palomitas de maíz con varilla de pretzel 2: Perrito caliente 3: LTO – Pavo y manzana derretida Brócoli y zanahorias baby Mezcla de Frutas y Jugos	1: Hamburguesa con queso 2: Paquete de pizza Bagel 3: LTO – Pavo y manzana derretida Papas fritas con gofres y brócoli fresco Duraznos cortados en cubitos y jugo	¡¡Día Nacional del Banano!! 1: Ensalada All-American 2: Nuggets de pollo con varilla de pretzel 3: LTO – Pavo y manzana derretida Frijoles horneados y palitos de apio Plátano y jugo	1: Waffles con salchichas 2: Sándwich de jamón y queso 3: LTO – Pavo y manzana derretida Jugo de junco y pimientos rojos Puré de manzana y jugo	NO ESCUELA
21	22	23	24	25
NO ESCUELA	¡¡Día de la Tierra!! 1: Hamburguesa de pollo con salsa exclusiva 2: Pan plano arcoíris Zanahorias cocidas y brócoli fresco Plátano y jugo	1: Pan plano de pollo a la barbacoa 2: Quesadilla de queso Kickin' Pinto y rodajas de calabacín Duraznos cortados en cubitos y jugo	1: Gajos de taco 2: Burrito de frijoles y queso Verduras arcoíris y palitos de apio Puré de manzana y jugo	1: Pizza de queso 2: Ensalada de pollo con palomitas de maíz con panecillo Ensalada de espinacas y zanahorias baby Manzana y jugo
28	29	30		
1: Tacos suaves 2: Perrito caliente Puré de papas y brócoli fresco Mezcla de Frutas y Jugos	1: Paquete de pizza de pan plano 2: Max Sticks con salsa Maíz y pimientos rojos Plátano y jugo	1: Pollo a la naranja con arroz 2: Filetes de pollo con varilla de pretzel Mezcla de guisantes/zanahoria y edamame Duraznos cortados en cubitos y jugo		

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.