

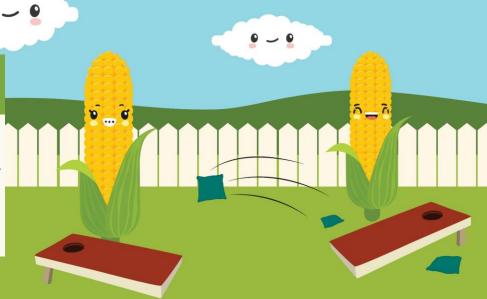
August Menu



Daily Options:

Assorted Milk

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15	16 No Lunch	17 1. BBQ Chicken & Cheddar Flatbread 2. Cheeseburger Baked Beans Applesauce Cucumber Slices Orange Juice	18 1. Cheese Pizza 2. Chicken & Cheese Salad with Pretzel Rod Fresh Broccoli Apple Baby Carrots Fruit Juice
21 1. Beef Soft Tacos 2. Tossed Salad w/ Pretzel Rod Tater Tots Mixed Fruit Cucumber Slices Fruit Juice	1. Soft Baked Pretzel w/ Cheese 2. Make-Your-Own Pepperoni Pizza Bagel Corn Banana Baby Carrots Apple Juice	 Pancake Bites w/ Sausage Patties Turkey & Cheese Sandwich Steamed Broccoli Cinn. Peaches Celery Sticks Grape Juice 	1. BBQ Riblet 2. Chicken Patty Sandwich Steamed Carrots Applesauce Edamame Orange Juice	2. Cheeseburger Spinach Salad Apple Red Peppers Fruit Juice
1. Popcorn Chicken w/ Pretzel Rod 2. Hot Dog Steamed Broccoli Mixed Fruit Edamame Fruit Juice	 Chicken Patty Sandwich Grilled Cheese Celery Sticks Banana Baby Carrots Apple Juice 	30 1. Meatball Pizza Sub 2. Ham & Cheese Sandwich Roasted Carrots Diced Peaches Fresh Cauliflower Grape Juice	 Waffles w/ Sausage Links Make-your-own Flatbread Pizza Green Peppers Calypso Crush Juice Applesauce Orange Juice 	

A-MAIZE-ING!

On top of being simply ear-resistible, corn is a high-carbohydrate food with lots of fiber, some protein and antioxidants, vitamins A, B, C, and E, and a handful of minerals. The indigenous people of southern Mexico first domesticated the corn, or maize, we eat today about 10,000 years ago. There are thousands of corn hybrids, but almost all fall into six general types. The six major types of corn are dent corn, flint corn, pod corn, popcorn, flour corn, and sweet corn. In addition to its role as the perfect barbecue side, sweet corn is a staple crop around the world and an ingredient in over 3,000 grocery items. Corn has many purposes, serving as food for us, livestock feed, biofuel, and raw material. Most ears of corn have about 800 kernels. Depending on the type of corn, these kernels can be black, blueish-gray, purple, green, red, white, and yellow.

ACE'S JOKE OF THE MONTH

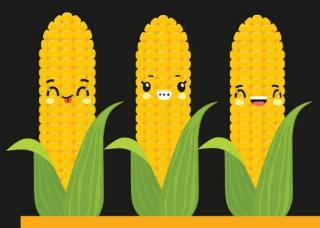
Q. WHAT FRUIT IS BEST FOR THE BEACH?

SEE ANSWER BELOW

ACTIVITY: WE'RE ALL EARS

Write as many words as you can that rhyme with "maize."





DID YOU KNOW?

COME EAR OFTEN?

Corn is grown on every continent on Earth, except Antarctica.

KERNEL OF TRUTH

Not to be confused with sweet corn, popcorn is a special variety of "field corn" that contains a small amount of water inside a thick-walled casing—when heated, steam builds up until the kernel explodes.

Popcorn is a healthy high-fiber snack when air-popped with no added butter.

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