

# August Menu

## Daily Options:

### Assorted Milk

Menu subject to change without notice.



ACE'S CORNER



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	22 1. Soft Baked Pretzel w/ Cheese 2. Make-Your-Own Pepperoni Pizza Bagel  Corn      Banana Baby Carrots      Apple Juice	23 1. Pancake Bites w/ Sausage Patties 2. Turkey & Cheese Sandwich  Steamed Broccoli      Cinn. Peaches Celery Sticks      Grape Juice	24 1. BBQ Riblet 2. Chicken Patty Sandwich  Steamed Carrots      Applesauce Edamame      Orange Juice	25 1. Pepperoni Pizza 2. Cheeseburger  Spinach Salad      Apple Red Peppers      Fruit Juice
28 1. Popcorn Chicken w/ Pretzel Rod 2. Hot Dog  Steamed Broccoli      Mixed Fruit Edamame      Fruit Juice	29 1. Chicken Patty Sandwich 2. 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	31 1. Waffles w/ Sausage Links 2. 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."

EXAMPLE:

BIRTHDAYS

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



## 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.

