

AUGUST 2023

Eat Hot Fresh Breakfast With Us!

### Breakfast Milk Options:

1% White &amp; 1% Chocolate

Lunch Milk Options: 1% White &amp; 1% Chocolate

ACE'S CORNER

Breakfast Prices  
Paid: \$ 1.45

Lunch Prices  
Paid: \$2.85

All salads can be made vegetarian

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4

# Welcome Back to School Sages!

1<sup>st</sup> Day of School!

14

15

### Cinnamon Sugar Donut

16

### Bacon Egg & Cheese Burrito

### Apple Cinnamon Yogurt Smoothie

### Biscuit & Gravy

21

### Blueberry Yogurt Parfait

22

### Glazed Donut

23

### French Toast Sticks

24

### Orange Glazed Cinnamon Roll

25

Cheesy Baked Penne\*  
Hamburger on a Bun

Romaine Salad, Green Beans,  
Fruit Mix, Fresh Oranges

Twin Soft Tacos  
Cheese Quesadilla\*

Pickled Cucumbers, Baked  
Beans,  
Diced Pears, Fresh Banana

Pancake Bites & Sausage Patty  
Popcorn Chicken & Slice Of Bread

Fresh Baby Carrots, Celery Sticks,  
Warm Peach Slices, Fresh Apple

BBQ Rib on a Bun  
Sun Butter & Jelly Sandwich\*

Golden Corn, Edamame Beans,  
Applesauce, Fresh Watermelon

Sausage Pizza  
Chicken Patty on a Bun

Fresh Spinach, Red Pepper  
Strips,  
Apricot Halves, Fresh Whole  
Apple

### Tropical Yogurt Smoothie

28

Popcorn Chicken & Lo Mein  
Soft Pretzel & Cheese Sauce

Steamed Broccoli, Fresh Baby  
Carrots,  
Fruit Mix, Fresh Oranges

### Bosco Stick

29

Sages Chicken Sandwich  
Mini Corn Dogs

French Fries, Romaine Salad,  
Diced Pears, Fresh Banana

### Chocolate Donut

30

Egg Chef Salad  
Chicken Nuggets

Celery Sticks, Baked Beans, Diced  
Peaches, Fresh Apple

### Pancake On A Stick

31

Pizza Meatball Sub  
Chicken Nuggets & Pretzel Rod

Celery Sticks, Baked Beans,  
Diced Peaches, Fresh Apple


# WATER YOU WAITING FOR?

Dig into these juicy, Watermelon facts

We are no stranger to watermelon (*Citrullus lanatus*) and on average eat around 16 pounds of it a year. Luckily, on top of being delicious and the perfect summer treat, **watermelon is full of nutritious vitamins and antioxidants**. While you can't actually grow a watermelon in your belly by eating the seeds, watermelon seeds are nutritious with high levels of magnesium, zinc, and protein. **Watermelon is also the perfect brain fuel** because it contains high levels of vitamin B6, which boosts neurotransmitter production and is necessary for brain development.

## ACTIVITY

Drinking water is super important, especially in the summer months. On top of drinking water, pick out which fruits and veggies will help you get all the H<sub>2</sub>O you need to stay hydrated:

TAKE A GUESS! CIRCLE **FOUR** FRUITS & VEGGIES THAT ARE 90% WATER:

SEE ANSWER BELOW



RADISH



WATERMELON



CUCUMBER



CORN



ZACK



ORANGE



BROCCOLI

MORE FRUITS AND VEGGIES ROCKING OVER 90% IN WATER CONTENT:

Lettuce, Celery, Tomatoes, Bell Peppers, Cauliflower, Spinach, Strawberries, Grapefruit, and Cantaloupe

## ACE'S JOKE OF THE MONTH

Q. Why are bananas never lonely?

SEE ANSWER BELOW



## DID YOU KNOW?

### FRESH FRUIT IS APEELING

We think of watermelon as a fruit because of its sweet flavor and similarities to the melon family, but watermelon is technically also a vegetable. It belongs to the cucurbit family, and is related to pumpkins, cucumbers, and squash.

### EWW!

The first cookbook published in the United States in 1796 contained a recipe for watermelon rind pickles.



FAMILY BARBECUE

JOKE ANSWER: ...because they hang out in bunches  
ACTIVITY ANSWER: Radish, Watermelon, Cucumber, Broccoli