

JULY/AUGUST 2022

Weekly Breakfast

| Mon | Tue | Wed | Thu | Fri |
|--------------------|--------------------|------------------------|------------------|----------------------|
| Breakfast Bread | Egg & Cheese Bagel | Pancake Bites | Biscuit & Gravy | Glazed Donut |
| Cereal w/ Crackers | Scone | Muffin w/ Cheese Stick | Breakfast Round | Cereal Bar w/ Yogurt |
| Apple | Banana & Raisins | Apple | Juice & Craisins | Apple |



Breakfast Prices
 Paid: \$2.00
 Reduced: \$0.30

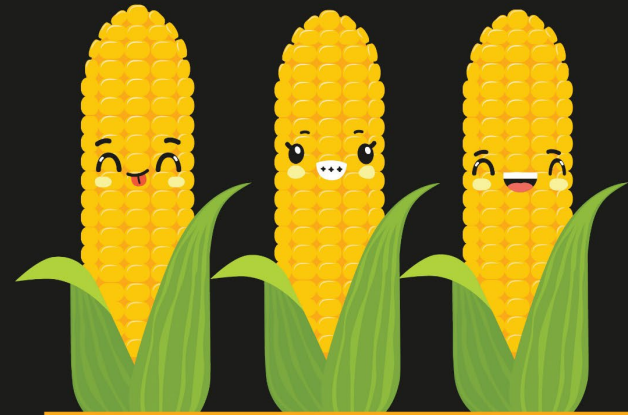
Lunch Prices
 Paid: \$3.40
 Reduced: \$0.40

PBJ and Sub Sandwich offered daily 1% & Flavored Low-Fat Milk offered daily Menu Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 25 Spicy Chicken Patty Baked Beans Applesauce | 26 Beef Tacos Buttered Corn Peaches | 27 Sausage Breakfast Sandwich Tater Tots Pears | 28 Chicken Ramen Broccoli Orange Wedges | 29 Cheese Pizza Green Beans Mixed Fruit |
| 1 Chicken Drumstick Corn Poppers(3) Collard Greens Juice | 2 Totchos Cilantro Lime Rice Black Beans Pineapple | 3 Pancakes & Sausage Tater Tots Mandarin Oranges | 4 BBQ Chicken Sandwich Sweet Potato Fries Watermelon | 5 Pizza Crunchers Steamed Cauliflower Applesauce |
| 8 Bacon Cheeseburger Green Beans Cinnamon Apples | 9 Crispitos Pinto Beans Pears | 10 Chicken & Waffles Tater Tots Peaches | 11 Corn Dog Mixed Vegetables Grapes | 12 Mozzarella Sticks w/ Marinara Steamed Carrots Mixed Fruit |
| 15 Chicken Parmesan w/ Breadstick Steamed Cauliflower Pineapple | 16 Beef Nachos Buttered Corn Orange Wedges | 17 Chicken Nuggets w/ Roll Baked Beans Pears | 18 Orange Chicken w/ Rice Broccoli Peaches | 19 Pepperoni Pizza Steamed Carrots Watermelon |
| 22 Asian Chicken Dumplings Mixed Vegetables Applesauce | 23 Chicken Quesadilla Charro Beans Mixed Fruit | 24 Chili Mac Green Beans Mandarin Oranges | 25 Grilled Cheese Tater Tots Grapes | 26 Pizza Sticks w/ Marinara Buttered Corn Juice |
| 29 Spicy Chicken Patty Baked Beans Applesauce | 30 Beef Tacos Buttered Corn Peaches | 31 Sausage Breakfast Sandwich Tater Tots Pears | Cold Vegetable M- Celery Sticks T- Cherry Tomatoes W- Cucumber Slices Th- Baby Carrots F- Broccoli Florets | 2nd Hot Option M- Hot Dog T- Cheeseburger W- Chicken Patty Th- Chicken Tenders F- Fish Sandwich |

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.



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.



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

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