

Gregory Intermediate

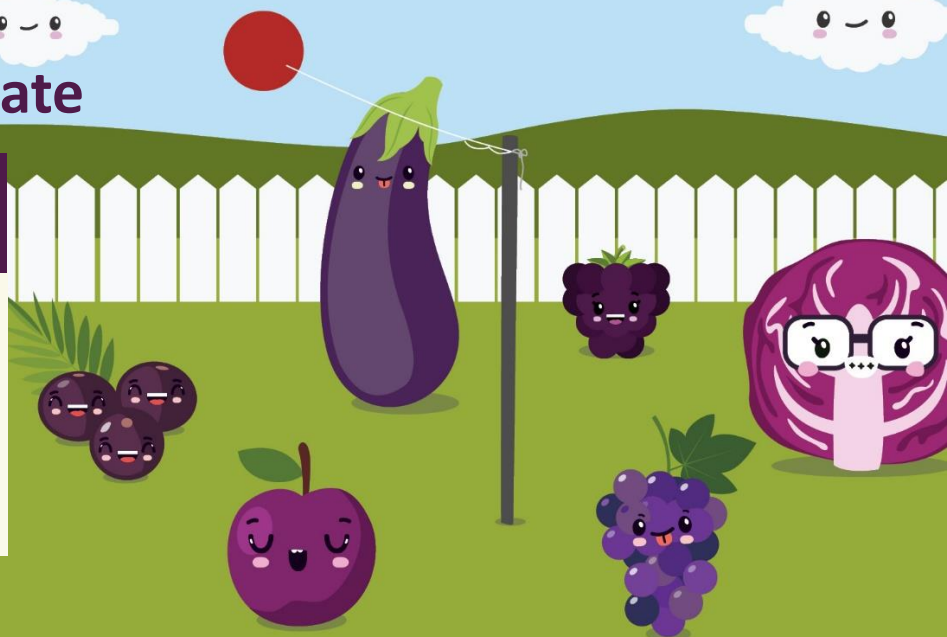
SEPTEMBER 2026 MENU

More Info...

- All breads are whole grain
- All juice is 100% fruit juice
- Fresh fruits and vegetables served daily
- White or chocolate milk offered each meal
- Offered daily at breakfast: Assorted cereals, Pop-Tarts and Benefit Bars



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 ACE's Birthday September 4th	1 <u>Breakfast Burrito</u> <u>Mini Cinnamon Roll</u> A. Nachos B. Bean & Cheese Burrito C. Taco Salad D. Sun Butter & Jelly	2 <u>Bagel w/ Jelly</u> <u>Confetti Pancakes</u> A. Popcorn Chicken Bowl B. Cheeseburger C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	3 <u>Lumberjack</u> <u>Banana Breakfast Bread</u> A. Glazed Donut w/ Egg Patty B. Chicken Nuggets C. Apple, Yogurt & Cheese Plate D. Sun Butter & Jelly	4 <u>Ham & Cheese Bagel</u> <u>Glazed Donut</u> Join us for ACE's Birthday Lunch... A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly and get a Confetti Cookie for dessert.
7 HAPPY LABOR DAY	8 <u>Egg & Cheese Croissant</u> <u>Fudge Pop-Tart</u> A. Soft Beef Tacos B. Cheese Quesadilla C. Romaine & Cheese Salad D. Sun Butter & Jelly	9 <u>Sausage Breakfast Sandwich</u> <u>Mini Strawberry Pancake Puffs</u> A. Honey Stung Popcorn Chicken w/ Biscuit B. Cheeseburger C. Turkey & Cheese Sandwich D. Sun Butter & Jelly	10 <u>Three Cheese & Egg Flatbread</u> <u>Yogurt w/ Crackers</u> Eggoji Day A. Eggoji Waffles w/ Cheese Omelet B. Hot Dog C. Pizza Aceable D. Sun Butter & Jelly	11 <u>Homemade Blueberry Muffin</u> <u>Square</u> <u>Glazed Donut</u> A. Cheese Pizza B. Pepperoni Pizza C. Bologna & Cheese Sandwich D. Sun Butter & Jelly
14 <u>Waffles</u> <u>Chocolate Chip Benefit Bar</u> A. Hamburger Patty Horseshoe B. Grilled Cheese C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	15 <u>Bosco Stick</u> <u>Mini Cinnamon Roll</u> A. Maple Pizza Waffalaco B. Cheese Quesadilla C. Taco Salad D. Sun Butter & Jelly	16 <u>Powdered Sugar Donut Holes</u> <u>Mini Strawberry Cream Cheese</u> 	17 <u>Egg Bagel</u> <u>Blueberry Breakfast Bread</u> A. Waffles w/ Sausage Patties B. Corn Dog C. Pretzel, Yogurt & Cheese Plate D. Sun Butter & Jelly	18 <u>Glazed Cinnamon Roll</u> <u>Glazed Donut</u> A. Cheese Pizza B. Pepperoni Pizza C. Turkey & Cheese Sandwich D. Sun Butter & Jelly
21 <u>French Toast Sticks</u> <u>Strawberry Pop-Tart</u> A. Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Turkey & Cheese Sandwich D. Sun Butter & Jelly	22 <u>Egg & Cheese Croissant</u> <u>Mini Cinnamon Roll</u> A. Walking Tacos B. Bean & Cheese Burrito C. Romaine & Cheese Salad D. Sun Butter & Jelly	23 <u>Country Chicken Biscuit</u> <u>Cherry Frudel</u> A. Spaghetti w/ Beef Sauce B. BBQ Chicken Sandwich C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	24 <u>Sausage & Cheese English Muffin</u> <u>Yogurt w/ Crackers</u> A. Biscuit w/ Sausage Gravy B. Breaded Chicken Sandwich C. Turkey Chef Salad D. Sun Butter & Jelly	25 <u>Homemade Banana Chocolate</u> <u>Chip Muffin Square</u> <u>Glazed Donut</u> A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
28 <u>Biscuit w/ Sausage Gravy</u> <u>Trix French Toast</u> A. Chicken Patty w/ Raiders Sauce B. Hot Dog C. Bologna & Cheese Sandwich D. Sun Butter & Jelly	29 <u>Breakfast Pizza</u> <u>Mini Cinnamon Roll</u> A. Turkey Barbacoa Soft Tacos B. Three Cheese Mac & Cheese C. Romaine & Cheese Salad D. Sun Butter & Jelly	30 <u>Double Chocolate Donut Holes</u> <u>Mini Strawberry Cream Cheese</u> <u>Bagel</u> A. Orange Glazed Popcorn Chicken w/ Rice B. Mini Corn Dogs C. Ham & Cheese Sandwich D. Sun Butter & Jelly	 Eggoji Day September 10th	

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!



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