

FEBRUARY 2024

Breakfast & lunch are **FREE** for all students!

A selection of a la carte items are available for purchase in the cafeteria during lunch.

ACE'S CORNER

Offered Daily at Lunch –

C. Soybutter & Jelly Sandwich Meal

D. Cheese Sandwich

Hot vegetable or fruit is written in green.

Visit the fresh fruit & vegetable bar available daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Apple Frudel Banana 1 A. French Toast Sticks & Turkey Sausage Links B. Popcorn Chicken Salad & Dinner Roll Warm Cinnamon Apples	Mini Confetti Pancakes Strawberry Craisins 2 A. Cheese Pizza (Round) B. Yogurt & Cheese Lunch Pack Seasoned Green Beans
Cereal Bar Graham Crackers Apple Slices A. Mini Chicken Corn Dogs B. Turkey & Cheese Sub French Fries	Mini Waffles Mixed Berry Fruit Cup 6 A. Chicken Tenders & Dinner Roll B. Cheesy Romaine Salad & Dinner Roll Diced Carrots	Nutri-Grain Bar Cheese Cubes Apple 7 A. Popcorn Chicken Bowl B. Turkey Chef Salad & Dinner Roll Sweet Golden Corn	UBR Cinnamon Breakfast Round Raisins 8 A. Beef Nachos B. Apple, Yogurt & Cheese Plate & Dinner Roll Refried Beans	French Toast BeneFIT Bar Banana 9 A. Make Your Own Pizza Bagel B. Chicken Ham & Cheese Sub Rainbow Vegetable Blend
Cereal Bowl Cheez-It Crackers Applesauce Cup 12 A. Cheese Quesadilla B. Diced Chicken Salad & Dinner Roll Chipotle Campfire Beans	Pumpkin Bread Slice Fresh Pear 13 A. Chicken Patty Sandwich B. Chicken Ham Sandwich Tater Tots	Mini Cream Cheese Bagels Apple Slices 14 A. Mini Pancakes & Turkey Sausage Links B. Italian Salad & Dinner Roll Warm Cinnamon Peaches	Pop-Tart Yogurt Cup Banana 15 A. Thai Chicken Noodle Bowl B. Turkey & Cheese Sandwich Snap Peas	Blueberry Bread Slice Strawberry Craisins 16 A. French Bread Cheese Pizza B. Egg Chef Salad & Dinner Roll Steamed Cauliflower
No School Mid-Winter Break 19 	No School Mid-Winter Break 20 	Mini Donuts Raisins 21 A. Macaroni & Cheese with a Dinner Roll B. Yogurt & Cheese Lunch Pack Green Beans	Nutri-Grain Bar Cheese Cubes Fresh Banana 22 A. All Beef Chili & Biscuit B. Turkey & Cheese Sub Sweet Golden Corn	UBR Chocolate Chip Breakfast Round Diced Peach Cup 23 A. Cheese Pizza (Round) B. Chicken Caesar Salad & Dinner Roll Mixed Vegetables
Cereal Bowl Graham Crackers Apple Slices 26 A. Crispy Fish Sticks & Cheez-It Crackers B. Turkey & Cheese Sub French Fries	Mini Cinnis Mixed Berry Fruit Cup 27 A. Mozzarella Cheese Sticks & Marinara Sauce B. Strawberry Yogurt Parfait with Granola Steamed Baby Carrots	Lemon Bread Slice Applesauce Cup 28 A. Cheeseburger on a WG Bun B. Chicken Ham & Cheese Sub Baked Beans	Mini Maple Waffles Fresh Pear 29 Half Day No Lunch	

TOASTY TONES

While not as colorful as the rest of the food rainbow, brown produce provides invaluable health benefits. Ranging from tan to deep brown in color, these hearty seeds, beans, roots, and grains are high in fiber and antioxidants, which help protect the body against digestive and heart issues. This family of foods includes most whole grains like wheat, brown rice, quinoa, and oats, as well as nuts, coffee, tea, and dark chocolate.

DISCOVER: DATES

Best not be late when the menu calls for dates! In season October through January, dates are a delicious snack or baking addition packed with fiber, calcium, and iron.



ALMONDS: Bursting with, fiber, magnesium, & vitamin E

Peak Season: Aug.-Oct.

BROWN PEAR: Hearty dose of vitamin C, fiber, and copper

Peak Season: Sep.-Apr.



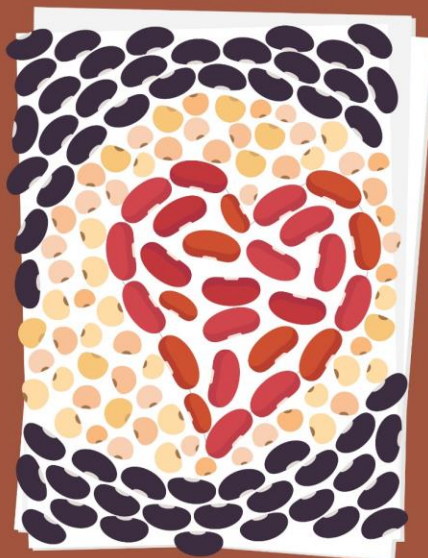
QUINOA: Brimming with fiber, protein, & quercetin

Peak Season: Sep.-Nov.

CHALLENGE OF THE MONTH: BEAN MOSAICS

Mosaics are about using small objects to make a bigger picture. First decide what you want to depict and draw a rough outline on your background. Then paint glue over a small area at a time and place the beans in the glue to make your masterpiece.

You'll need: glue, paintbrush, cardboard, pencils, and a variety of dry beans and seeds



ACE'S
RECIPE OF THE
MONTH:

HEALTHY-YET-DELICIOUS BROWNIES*

Serves 16

INGREDIENTS:

- 15 fresh medjool dates
- 3/4 cup cacao powder
- 2 free-ranged eggs
- 1/3 cup cold-pressed coconut oil (melted)
- 1/2 to 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1 pinch of sea salt

PREPARATION:

1. Preheat the oven to 360° Fahrenheit.
2. Pour boiling water into a large bowl, carefully place a smaller bowl into the water, and then add the coconut oil into the small bowl to melt.
3. Pit the dates, soak them in warm water for 5-10 minutes, then remove from water.
4. Blend the dates, coconut oil, eggs, and cacao powder together in a blender until smooth.
5. Grease a baking dish with extra coconut oil and pour the brownie batter in.
6. Bake for 20-25 minutes (depending on thickness).
7. Once cooked, remove from oven, let them cool, sprinkle with extra cacao powder, cut into squares, and enjoy!

***DO NOT attempt to cook, bake, or blend without adult supervision.**