

JANUARY 2025



One complete breakfast and lunch is FREE daily for each student!

Breakfast & lunch include your choice of 1% or fat free flavored or unflavored milk.

ACE'S CORNER

**Menus are subject to change.



Soybutter & Jelly Sandwich Meal & Cheese Sandwich are offered at lunch daily.

The fresh fruit & vegetable bar is available daily with all entrée choices!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
No School Winter Break		No School Winter Break		No School Winter Break 1		No School Winter Break 2		No School Winter Break 3	
Cereal & Tiger Bites Strawberry Craisins & 100% Fruit Juice 6		Mini Cinnis Berry Fruit Cup & 100% Fruit Juice 7		Lemon Bread Slice Applesauce Cup & 100% Fruit Juice 8		Trix Mini French Toast Banana & 100% Fruit Juice 9		Celebration BeneFIT Bar Strawberry Craisins & 100% Fruit Juice 10	
A. Hot Dog on a Bun B. Turkey & Cheese Sub Green Peas		A. Bosco Cheese Sticks & Marinara Sauce B. Breaded Chicken Caesar Salad & Dinner Roll Roasted Baby Carrots		A. Cheeseburger on a Bun with Pickles & Signature Sauce B. Pretzel, Yogurt & Cheese Pack Baked Beans		A. Sweet & Sour Popcorn Chicken with Rice B. Turkey Chef Salad & Dinner Roll Steamed Broccoli		A. Rotini Noodles with Meat Sauce & Dinner Roll B. Popcorn Chicken Salad & Dinner Roll Rainbow Vegetable Blend	
Cereal & Tiger Bites Apple Slices & 100% Fruit Juice 13		Banana Chocolate Chunk BeneFIT Bar Strawberry Fruit Cup & 100% Fruit Juice 14		Bagel with Cream Cheese Applesauce Cup & 100% Fruit Juice 15		Cherry Frudel Banana & 100% Fruit Juice 16		Strawberry Pop-tart & String Cheese Strawberry Craisins & 100% Fruit Juice 17	
A. Beef Nachos B. Apple, Yogurt & Cheese Plate Refried Beans		A. Chicken Tenders & Fresh Baked Ripstick B. Turkey & Cheese Sandwich Sweet Golden Corn		A. Chicken Dumplings & Egg Fried Rice B. Apple, Yogurt & Cheese Plate Peas & Carrots		A. French Toast Sticks & Turkey Sausage Patties with Syrup B. Popcorn Chicken Salad & Dinner Roll Tater Tots		A. Personal Cheese Pizza B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli	
No School Martin Luther King Jr. Day 20		Cereal & Graham Crackers Peach Cup & 100% Fruit Juice 21		Pumpkin Bread Slice Applesauce Cup & 100% Fruit Juice 22		Chocolate Chip UBR Bar Banana & 100% Fruit Juice 23		French Toast BeneFit Bar Strawberry Craisins & 100% Fruit Juice 24	
		A. Macaroni n' Cheese & Dinner Roll B. Turkey & Cheese Sub French Fries		A. Popcorn Chicken Bowl B. Breaded Chicken Caesar Salad & Dinner Roll Steamed Broccoli		A. Street Corn Chowder B. Turkey Chef Salad & Dinner Roll Sliced Carrots		A. French Bread Cheese Pizza B. Apple, Yogurt & Cheese Plate Rainbow Vegetable Blend	
Cereal & Chocolate Tiger Bites Apple Slices & 100% Fruit Juice 27		Blueberry Bread Slice Strawberry Fruit Cup & 100% Fruit Juice 28		Strawberry Nutri-Grain Bar & Cheese Cubes Applesauce Cup & 100% Fruit Juice 29		Banana Bread Slice Banana & 100% Fruit Juice 30		Mini Strawberry Cream Cheese Bagels Raisins & 100% Fruit Juice 31	
A. Cheese Quesadilla B. Turkey Ham & Cheese Sandwich Black Beans		A. Chicken Patty Sandwich B. Italian Salad & Dinner Roll Orange Glazed Carrots		A. Mini Waffles & Scrambled Eggs B. Apple, Yogurt & Cheese Plate Warm Cinnamon Peaches		A. Beef Soft Tacos B. Turkey & Cheese Sandwich Sweet Golden Corn		A. Personal Pan Cheese Pizza B. Make Your Own Pepperoni Pizza Bagel Steamed Broccoli	

DARK DELIGHTS

Foods that are black in color pack an abundance of flavor as well as anthocyanins and minerals. These minerals include iron, which helps red blood cells to deliver oxygen to other cells, and our body's most essential and abundant mineral, calcium. Examples of deeply achromatic produce include black-eyed peas, black rice, black sesame seeds, black pepper, black lentils, and black tea. As a general rule, the darker the color—the more antioxidants they contain!

DISCOVER: BLACK BEANS

Look out for the savory goodness of black beans this month. In season during the warmer months, these hearty legumes are packed with protein and fiber as well as key vitamins and minerals.



RAISINS: Hearty dose of fiber, iron, & antioxidants
Peak Season: Aug.-Oct.

BLACK QUINOA:

Bursting with protein, fiber, & quercetin
Peak Season: Oct.-Nov.



BLACK OLIVES: Packed with calcium, iron, & potassium
Peak Season: Sep.-Nov.

CHALLENGE OF THE MONTH: GROW YOUR OWN BEAN SPROUTS

With a plastic zip-top baggie, one paper towel, a bit of water, and a few bean seeds, you can grow your own bean sprouts!



STEP 1: Fold up your paper towel, dampen it with water, and slide it into your plastic baggie.

STEP 2: Grab a few dry beans from your pantry (like pinto, black, lentil, or navy beans).

STEP 3: Add 5-7 beans onto the damp paper towel in your plastic baggie and seal it up.

STEP 4: Lay the baggie of seeds flat and watch them grow for the next few weeks.



**ACE'S
RECIPE OF THE
MONTH:**

QUINOA BLACK BEAN BURGERS*

Serves 5

INGREDIENTS:

- 1 (15 oz) can of black beans, rinsed and drained
- 1/4 cup of quinoa
- 1/2 cup of water
- 1/2 cup of bread crumbs
- 1/4 cup of minced bell peppers
- 2 tablespoons of minced onion
- 1 1/2 teaspoons of minced garlic
- 1 1/2 teaspoons of ground cumin
- 1/2 teaspoon of salt
- 1 teaspoon of hot pepper sauce (like Frank's Red Hot)
- 1 egg
- A drizzle of olive oil for pan

PREPARATION:

1. Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.
2. Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
3. Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg into the black beans using your hands and form 5 patties.
4. Bake them at 375°F on a lightly oiled baking sheet, for 10 minutes on each side.

***DO NOT attempt to chop or cook without adult supervision.**