



# JANUARY 2023

**2** You can always **Pick 2** for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO\* of the following: cereal, string cheese, muffin, cracker or yogurt



### ACE'S CORNER

**Breakfast Prices**

**Paid: \$1.70**

**Reduced: \$0.30**

**Lunch Prices**

**Paid: \$2.90**

**Reduced: \$0.40**

**Adult: \$3.65**

1% White Milk & FF Chocolate Milk Offered Daily

Vegetarian entrees have an \*

All salads can be made vegetarian



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

 <p><b>2</b></p>	 <p><b>3</b></p>	 <p><b>4</b></p>	<p><b>5</b></p> <p>Scrambled Eggs w/ Toast</p> <p>Nachos Cheeseburger on Bun Two Cheese Salad w/B*</p> <p>Steamed Broccoli, Fresh Green Pepper Strips, Fresh Banana, Applesauce</p>	<p><b>6</b></p> <p>Pancakes w/ Syrup</p> <p>Cheese Pizza* Chicken Patty on Bun Pretzel, Yogurt &amp; Cheese Plate*</p> <p>Baked Beans, Variety Vegetable, Variety Fresh Fruit</p>
<p><b>9</b></p> <p>Breakfast Pizza</p> <p>Horseshoe w/B Corn Dog Cheese Pizza Lunchable*</p> <p>Golden Corn, Tomato Wedges, Whole Apple, Fruit Mix</p>	<p><b>10</b></p> <p>Sausage &amp; Cheese Biscuit</p> <p>Pancakes w/ Sausage Chicken Patty on Bun PB&amp;J w/ String Cheese*</p> <p>Tater Tots, Fresh Broccoli, Orange Wedges, Sour Applesauce</p>	<p><b>11</b></p> <p>French Toast Sticks</p> <p>Meatball Sub BBQ Rib on Bun Popcorn Chicken Salad w/B</p> <p>Baked Beans, Fresh Cucumber Slices, 100% Juice, Whole Apple</p>	<p><b>12</b></p> <p>Cocoa Cinn Powder Donut Holes</p> <p>Orange CHICK &amp; Broccoli w/Rice Cheeseburger on Bun Nacho Salad w/ Tortilla Chips</p> <p>Green Beans, Fresh Baby Carrots, Fresh Banana, Rosy Applesauce</p>	<p><b>13</b></p> <p>Pancake on a Stick</p> <p>Cheese Pizza* Fish Sticks w/B Muffin, Yogurt &amp; Cheese Plate*</p> <p>Steamed Broccoli, Variety Vegetable, Variety Fresh Fruit</p>
 <p><b>16</b></p>	<p><b>17</b></p> <p>Scrambled Eggs w/ Toast</p> <p>Chili Garlic CHICK w/ Lo Mein Cheeseburger on Bun PB&amp;J w/ String Cheese*</p> <p>Steamed Carrots, Fresh Red Pepper Strips, Orange Wedges, Diced Pears</p>	<p><b>18</b></p> <p>Pancake on a Stick</p> <p>Pizza Sticks w/ Sauce* Chicken Nuggets w/B Ham &amp; Cheese Lunchable</p> <p>Tater Tots, Fresh Cucumber Slices, 100% Juice, Diced Peaches</p>	<p><b>19</b></p> <p>Powder Sugar Donut Holes</p> <p>Sloppy Joe Melt Corn Dog Strawberry Parfait w/ B</p> <p>Baked Beans, Fresh Green Pepper Strips, Fresh Banana, Watermelon Craisins</p>	<p><b>20</b></p> <p>Biscuits &amp; Sausage Gravy</p> <p>Cheese Pizza* Chicken Patty on Bun Pretzel, Yogurt &amp; Cheese Plate*</p> <p>Golden Corn, Fresh Baby Carrots, Variety Fresh Fruit</p>
<p><b>23</b></p> <p>Breakfast Pizza</p> <p>French Toast Sticks w/ Sausage Cheeseburger on Bun Cheese Pizza Lunchable*</p> <p>Tater Tots, Fresh Broccoli, Whole Apple, Fruit Mix</p>	<p><b>24</b></p> <p>Pancakes w/ Syrup</p> <p>Pasta w/ Meat Sauce w/B Cheese Quesadilla* PB&amp;J w/ String Cheese*</p> <p>Green Beans, Fresh Red Pepper Strips, Orange Wedges, Sour Applesauce</p>	<p><b>25</b></p> <p>Scrambled Eggs w/ Toast</p> <p>Chicken Nuggets w/B Hot Dog on Bun Ham &amp; Cheese Sandwich</p> <p>Baked Beans, Fresh Cucumber Slices, 100% Juice, Diced Peaches</p>	<p><b>26</b></p> <p>Glazed Donut</p> <p>Mac &amp; Cheese w/ B* Chicken Patty on Bun Chicken Snack Wrap</p> <p>Golden Corn, Fresh Green Pepper Strips, Fresh Banana, Rosy Applesauce</p>	<p><b>27</b></p> <p>Pancake on a Stick</p> <p>Cheese Pizza* BBQ Rib on Bun Popcorn Chicken Salad w/B</p> <p>Steamed Broccoli, Tomato Wedges, Variety Fresh Fruit</p>
<p><b>30</b></p> <p>Cinnamon Breakfast Bun</p> <p>Italian Dunkers w/ Sauce* Hamburger on Bun PB&amp;J w/ String Cheese*</p> <p>Waffle Fries, Fresh Broccoli, Whole Apple, Fruit Mix</p>	<p><b>31</b></p> <p>Scrambled Eggs w/ Toast</p> <p>Popcorn Chicken Bowl w/B Hot Dog on Bun Ham &amp; Cheese Sandwich</p> <p>Green Beans, Fresh Baby Carrots, Orange Wedges, Diced Pears</p>			<p><b>Now Hiring!!</b> Food Service is Hiring! <b>Work While Kids are in School</b> <b>Great Benefits</b> Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>

# YELLOW WORLD

Sunshine yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include lemon, yellow tomatoes, garbanzo beans, pineapple, yellow peppers, and egg yolks.

## DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



**PINEAPPLE:** Full of vitamin C, calcium, & iron  
**Peak Season:** Apr.-May

**LEMON:** Bursting with fiber, vitamin C, & potassium  
**Peak Season:** Nov.-Mar.



**BANANA:** Brimming with fiber & potassium  
**Peak Season:** Apr.-Oct.

## CHALLENGE OF THE MONTH: DON'T GET YOUR TONGUE IN A TWIST

It's surprisingly easy to jumble certain sayings. Try saying these phrases slowly, then three times fast. Invite your family and friends to join you. Can you say these phrases correctly every time? Can you think of other examples?

CAN I HAVE ONE?



NOPE



1. SELFISH SHELLFISH



2. FRESHLY FRIED FLYING FISH

3. EDDIE EDITED IT

4. TRULY RURAL

5. SIX SLIPPERY SNAILS SLID SLOWLY SEAWARD



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

## PEANUT BUTTER BANANA ENERGY BARS\*

Serves 12



### INGREDIENTS:

- 3 very ripe bananas
- 1 cup peanut butter
- 1/4 cup honey or maple syrup, for a vegan version
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 cups old-fashioned oats
- 1 cup sliced almonds or other nut/seed combination

### PREPARATION:

- Using a hand or standing mixer, mix the bananas, peanut butter, honey, cinnamon, and vanilla extract until very smooth.
- Add oats and almonds and mix until combined.
- Evenly spread and flatten onto a parchment-covered baking dish (about 9x9 inches).
- Bake at 350 degrees for 30 minutes, or until golden brown on edges.
- Allow to cool completely before cutting bars.
- Store at room temperature for a week or freeze for up to six months in an airtight container/wrapped individually in plastic wrap.

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