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 Food Service is Hiring!
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FEBRUARY 2024



Breakfast & Lunch are FREE for all students!
 Single milk: 0.75 cents

Offered Daily at Lunch:
 B. Cool Kids: Yogurt, String Cheese, Muffin & Cheez-its
 C. Chef's Salad w/ Turkey, Muffin & Cheez-its

ACE'S CORNER

All Meals include:
 Fruit and/or
 Vegetable & Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Cold Breakfast available before school T.Hot Dog on a Bun Baked Beans	30 Cold Breakfast available before school Pizza Chicken Meatball Sub Carrots	31 Cold Breakfast available before school Asian Steamed Chicken & Vegetable Dumplings Green Peas	1 Cold Breakfast available before school French Toast Sticks w/ Turkey Sausage Patty Tater Tots	2 Cold Breakfast available before school Deep Dish Cheese Pizza Broccoli
5 Cold Breakfast available before school Bosco Cheese Sticks w/ Marinara Dipping Sauce Green Beans	6 Cold Breakfast available before school Beef Nachos Black Beans	7 Cold Breakfast available before school Popcorn Chicken & Orange Sauce over Brown Rice Broccoli Cuts	8 Cold Breakfast available before school Cheeseburger on a Bun Corn	9 Cold Breakfast available before school Deep Dish Cheese Pizza Carrot Coins
12 Cold Breakfast available before school Beef Soft Tacos Black Beans	13 Cold Breakfast available before school Chicken Corn Dog on a stick Green Beans	14 Cold Breakfast available before school Confetti Mini Pancakes w/ Turkey Sausage Patty Tater Tots	15 Cold Breakfast available before school Chicken Tenders with Brown Rice and Thai Sate Sauce Broccoli Cuts	16 Cold Breakfast available before school HALF DAY No lunch served
19	20	21	22	23
Mid-Winter Break! No School!				
26 Cold Breakfast available before school Crazy Cheesy Bread Carrot Coins	27 NO SCHOOL	28 Cold Breakfast available before school Nacho Cheese Walking Taco Corn	29 Cold Breakfast available before school Chicken Tenders with Roll Green Beans	1 Cold Breakfast available before school Deep Dish Cheese Pizza Broccoli

SEPIA SAVORIES

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: QUINOA & WHOLE GRAINS

Look out for a hearty helping of quinoa as well as whole grains this month. In season during the fall, these nourishing grains are brimming with protein and fiber as well as quercetin.



CACAO BEANS: Tons of antioxidants, iron, & calcium
Peak Season: Oct.-Mar.

PORTOBELLO MUSHROOMS:

Hearty dose of potassium, copper, & vitamin B6
Peak Season: Sep.-Oct.



HAZELNUTS: Bursting with protein, fiber, & minerals
Peak Season: Sep.-Oct.

CHALLENGE OF THE MONTH: PINE CONE BIRD FEEDER

Find some fresh pine cones and bake them in the oven on 225°F for 20 minutes to make them safe to use*. Then tie a pipe cleaner or some string to the top of the cone so that you can attach it to a tree or bush outside. Next, spread peanut butter all over the pine cone and roll it in a plateful of bird seed. Lastly, hang your pine cone bird feeder higher up on a bush or tree and watch the birds enjoy your treat.



ACE'S RECIPE OF THE MONTH:

CHEWY APPLE OAT BARS*

Serves 10



INGREDIENTS:

- 1 1/2 cups of rolled oats
- 2 tablespoons of flaxseed or chia seed
- 1/2 teaspoon of ground cinnamon
- 2 tablespoons of melted margarine
- 3/4 cup of applesauce
- 2 tablespoons of honey
- 3/4 cup of dried apple or cranberry



PREPARATION:

1. Preheat the oven to 400°F.
2. In a bowl, mix together the rolled oats, seeds, and cinnamon.
3. Add the remaining ingredients and mix until well combined.
4. Line a 6" x 8" tray with parchment paper and pour the mixture in, using the back of a spoon to flatten the mixture into an even layer.
5. Bake for 25-30 minutes or until golden and firm to the touch. Cooking time may vary depending on your oven.
6. Cut into 10 bar-sized portions and enjoy!

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