

# FEBRUARY 2025



ACE'S CORNER

**Offered Daily at Lunch:**

- B. Cool Kids Bag (Yogurt, String Cheese, Muffin & Cheez-its)
- C. Chef's Salad w/ Turkey, Muffin & Cheez-its
- D. EZ Soy Butter & Jelly Jammer, String Cheese & Cheez-its
- E. Chicken Popper Salad & Graham Cracker

Single Milk: .75 cents

**PREORDER ONLY:** Second Slice of Pizza \$2.75

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



All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Grain Popcorn Chicken w/ Cheez-its  Green Beans	4 Domino's Pizza Slice! Spinach & Romaine Salad	5 Beef Soft Taco  Seasoned Black Beans Salsa Cup	6 Bosco Cheese Sticks w/ Marinara Dipping Sauce  Carrot Coins	7 Turkey Hot Dog  Tater Tots
10 Whole Grain Chicken Nuggets  Green Beans	11 Domino's Pizza Slice! Spinach & Romaine Salad	12 Beef Nachos  Corn Salsa Cup	13 Valentine's Day Emoji Waffles w/ Turkey Sausage Strawberry Cup Dragon Punch	14 
17 	18 	19 	20 	21 
24 Chicken Patty Sandwich on a Whole Grain Bun  Green Beans	25 Domino's Pizza Slice! Spinach & Romaine Salad	26 Chicken & Cheese Quesadilla  Seasoned Black Beans Salsa Cup	27 Sweet & Sour Chicken over Brown Rice  Carrot Coins	28 Mighty Chicken Corn Dog  Tater Tots
3 <b>M</b>	4 <b>A</b>	5 <b>R</b>	6 <b>C</b>	7 <b>H</b>

# 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

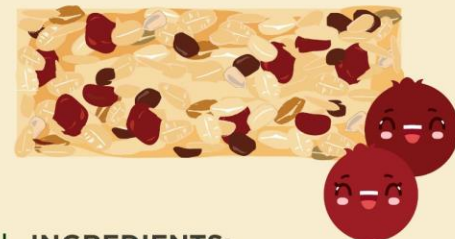
Find some fresh pine cones and bake them in the oven on 225°F for 20 minutes to make them safe to use\*. Then tie a pipe cleaner or some string to the top of the cone so that you can attach it to a tree or bush outside. Next, spread peanut butter all over the pine cone and roll it in a plateful of bird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