

JANUARY 2024



**Breakfast and lunch are
FREE for all students**

Offered Daily at Lunch ~
B. Cool Kids ~ Yogurt, String
Cheese, Muffin
C. Chef's Salad w/ Turkey and a
muffin

ACE'S CORNER



Please complete a Meal Application
Form on the MiStar Parent Portal

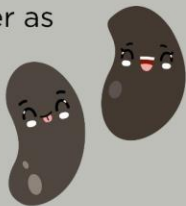
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Winter Break</p>	<p>2</p> <p>Winter Break</p>	<p>3</p> <p>Winter Break</p>	<p>4</p> <p>Winter Break</p>	<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p>
<p>8</p> <p>Cold Breakfast available before school</p> <p>Cheeseburger on a Bun Mixed Vegetables</p>	<p>9</p> <p>Cold Breakfast available before school</p> <p>Chicken Tenders with Brown Rice and Thai Sate Sauce Broccoli Cuts</p>	<p>10</p> <p>Cold Breakfast available before school</p> <p>Confetti Mini Pancakes w/ T.;Sausage Potatoes</p>	<p>11</p> <p>Cold Breakfast available before school</p> <p>Beef Soft Tacos Black Beans</p>	<p>12</p> <p>Cold Breakfast available before school</p> <p>Deep Dish Cheese Pizza Carrot Coins</p>
<p>15</p> <p>Martin Luther King Day No School</p>	<p>16</p> <p>Cold Breakfast available before school</p> <p>Chicken Patty Sandwich Carrot Coins</p>	<p>17</p> <p>Cold Breakfast available before school</p> <p>Tater Tot Beef Nachos Black Beans</p>	<p>18</p> <p>Cold Breakfast available before school</p> <p>Mini Blueberry Waffles w/ Turkey Sausage Potatoes</p>	<p>19</p> <p>Cold Breakfast available before school</p> <p>½ Day No Lunch</p>
<p>22</p> <p>Cold Breakfast available before school</p> <p>Crazy Cheesy Bread Carrot Coins</p>	<p>23</p> <p>Cold Breakfast available before school</p> <p>C.Corn Dog Baked Beans</p>	<p>24</p> <p>Cold Breakfast available before school</p> <p>Nacho Cheese Walking Taco Corn</p>	<p>25</p> <p>Cold Breakfast available before school</p> <p>Chicken Tenders with Roll Green Beans</p>	<p>26</p> <p>Cold Breakfast available before school</p> <p>Deep Dish Cheese Pizza Green Peas</p>
<p>29</p> <p>Cold Breakfast available before school</p> <p>T.Hot Dog on a Bun Baked Beans</p>	<p>30</p> <p>Cold Breakfast available before school</p> <p>Pizza Chicken Meatball Sub Carrots</p>	<p>31</p> <p>Cold Breakfast available before school</p> <p>Asian Steamed Chicken& Vegetable Dumplings Green Peas</p>	<p>1</p> <p>Cold Breakfast available before school</p> <p>French Toast Sticks w/ Turkey Sausage Potatoes</p>	<p>2</p> <p>Cold Breakfast available before school</p> <p>Deep Dish Cheese Pizza Mixed Veggies</p>

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:

- 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.
- Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
- 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.
- 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.**