

# BREAKFAST FEB 2024

**Offered daily:**  
 Assorted Milk  
 Assorted Cereal  
 Assorted Benefit Bars  
 Assorted Poptarts  
 Assorted NutriGrain Bars  
 Yogurt  
 String Cheese  
 Grahams



ACE'S CORNER



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div>1</div> <div>Muffin w/ String Cheese</div> <div>Craisins Fruit juice</div>	<div>2</div> <div>Mixed Berry Scone</div> <div>Banana Apple juice</div>
<div>5</div> <div>Chocolate Chip Breakfast Round</div> <div>Apple Slices Grape juice</div>	<div>6</div> <div>Mini Maple Waffles</div> <div>Raisins Fruit Juice</div>	<div>7</div> <div>Cherry Frudel</div> <div>Applesauce Grape Juice</div>	<div>8</div> <div>Turkey Pancake Wrap</div> <div>Craisins Fruit juice</div>	<div>9</div> <div>French Toast Sticks</div> <div>Banana Apple juice</div>
<div>12</div> <div>Blueberry Breakfast Bread</div> <div>Apple Slices Grape Juice</div>	<div>13</div> <div>French Toast Sticks</div> <div>Raisins Fruit Juice</div>	<div>14</div> <div>Sausage Breakfast Sandwich</div> <div>Applesauce Grape Juice</div>	<div>15</div> <div>Chocolate Crescent</div> <div>Craisins Fruit Juice</div>	<div>16</div> <div>Mini Strawberry Cream Cheese Bagel</div> <div>Banana Apple Juice</div>
<div>19</div> <div>No School</div>	<div>20</div> <div>Turkey Pancake Wrap</div> <div>Raisins Fruit Juice</div>	<div>21</div> <div>Powdered Sugar Donut</div> <div>Applesauce Grape Juice</div>	<div>22</div> <div>Sausage Breakfast Pizza</div> <div>Craisins Fruit juice</div>	<div>23</div> <div>Mini Maple Waffles</div> <div>Banana Apple juice</div>
<div>26</div> <div>Lemon Breakfast Bread</div> <div>Apple Slices Grape Juice</div>	<div>27</div> <div>Mini Cinnamon Rolls</div> <div>Raisins Fruit Juice</div>	<div>28</div> <div>Mini Strawberry Cream Cheese Bagels</div> <div>Applesauce Grape Juice</div>	<div>29</div> <div>Blueberry Mini Waffles</div> <div>Craisins Fruit Juice</div>	

# A NUTRITIOUS BANANZA



The scientific name for banana is *musa sapientum*, which means “fruit of the wise men.” Bananas foster lots of vitamin C, potassium, fiber, and vitamin B6 making them a wise choice. These yellow fruits, botanically classified as berries, are an appealing snack because they are low in calories and have no fat, sodium, or cholesterol. It’s no wonder that the average U.S. person consumes 90 bananas each year. In addition to all the nutritional value, banana plants are also very useful—their large leaves can be used as umbrellas while their fibers are often harvested to make rope and tea bags.



## ACE’S JOKE OF THE MONTH

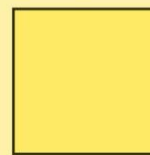
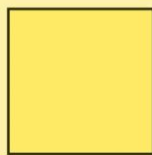
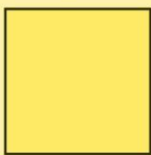
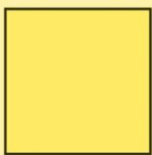
Q. WHAT IS THE EASIEST WAY TO MAKE A BANANA SPLIT?

SEE ANSWER BELOW

## ACTIVITY: ESTATE OF BANANAS

Bananas are only farmed in one U.S. State. Use the first letter from the names of the clues below to figure out which one! Use only one letter per box.

SEE ANSWER BELOW



WE ARE A BUNCH OF “HANDS”!

## DID YOU KNOW?

**HEALING PEEL** Thanks to its oil, rubbing the inside of a banana peel on a bug bite (or on poison ivy) will help keep it from itching and getting inflamed.



## QUITE THE HANDFUL

A true, harvested “bunch” of bananas—weighing from 66 to 110 pounds—is made up of several tiers of banana clusters called “hands”, while a single banana is called a “finger”.