

FEBRUARY 2024



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

Breakfast Milk Options:
1% White & 1% Chocolate

ACE'S CORNER

Breakfast Prices

Paid: \$1.50


Reduced: \$0.30

Lunch Prices

Paid: \$2.80

Reduced: \$0.40



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			French Toast Sticks 1	Orange Glazed Cinnamon Roll 2
			BBQ Rib on a Bun Sun Butter & Jelly Sandwich*	Sausage Pizza Chicken Patty on a Bun
			Golden Corn, Cucumber Slices, Warm Apple Slices, Fresh Banana	Green Beans Red Pepper Strips, Apricot Halves, Whole Apple
Sausage, Egg & Cheese English Muffin 5	Breakfast Pizza 6	Chocolate Glazed Donut 7	Blueberry Yogurt Parfait 8	Pancake on a Stick 9
Pretzel, Yogurt, & Cheese Sauce* Popcorn Chicken Salad & Roll	Chicken Sandwich & Sages Sauce Pepperoni Pizza Bagel	Cheeseburger on a Bun Chicken Nuggets & Breadstick	Pancakes & Sausage Pizza Meatball Sub	Cheese Pizza* Chicken Patty on a Bun
Steamed Broccoli, Baby Carrots, Fruit Mix, Fresh Oranges	Waffle Fries, Romaine Salad, Diced Pears, Fresh Grapes	Celery Sticks, Baked Beans, Diced Peaches, Sour Applesauce	Tater Tots, Red Pepper Strips, Craisins, Fresh Banana	Green Beans, Cucumber Slices, Apricot Halves, Whole Apple
Eggoji Waffles & Scrambled Eggs 12	Bacon, Egg, & Cheese English 13	Donut Holes 14	Blueberry Bread 15	Cinnamon Roll 16
Fish Sticks & Cheez-Its Corn Dog	Hot Dog on a Bun Biscuits & Gravy	Salisbury Steak & Gravy Sun Butter & Jelly Sandwich*	Sloppy Joe Melt Bosco Sticks & Sauce*	Pepperoni Pizza Chicken Sandwich & Sages Sauce
Crinkle Fries, Red Pepper Strips, Fruit Mix, Fresh Oranges	Fresh Broccoli, Steamed Carrots, Diced Pears, Fresh Strawberries	Mashed Potatoes, Cucumber Slices, Diced Peaches, Cinnamon Applesauce	Celery Sticks, Golden Corn, Sour Applesauce, Fresh Banana	Green Beans, Baby Carrots, Apricot Halves, Whole Apple
	Chef's Choice Breakfast ^{ACE} 20 ^{Breakfast Giveaway}	Cinnamon Sugar Donut 21	Sausage, Egg, & Cheese 22	Scone 23
	Chicken Tenders & Pretzel Rod Grilled Ham & Cheese Melt	Corn Dog Horseshoe	Taco	Cheese Pizza* BBQ Rib Sandwich
	Cucumber Slices, Baked Beans, Diced Pears, Fresh Grapes	Celery Sticks, Peas & Carrots, Diced Peaches, Rosy Applesauce	Meatloaf Popcorn Chicken & Roll	Green Beans, Red Pepper Strips, Apricot Halves, Whole Apple
Biscuits & Gravy 26	Mini Cinni 27	Powdered Donut 28	French Toast Sticks 29	
Cheesy Baked Penne* Hamburger	Twin Soft Tacos Chicken Tenders w/ Pretzel Rod	BBQ Rib on a Bun Sun Butter & Jelly Sandwich	Popcorn Chicken & Roll Ham & Cheese Melt	
Tater Tots, Romaine Salad, Fruit Mix, Fresh Oranges	Fresh Cucumbers, Refried Beans, Diced Pears, Craisins	Baby Carrots, Celery Sticks, Diced Peaches, Rosy Applesauce	Golden Corn, Red Pepper Strips, Warm Apple Slices, Fresh Banana	

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.**