



FEBRUARY 2024

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

Breakfast Milk Options:
1% White & 1% Chocolate



ACE'S CORNER



100% Juice offered Daily at Lunch

Lunch Milk Options: 1% White, 1% Chocolate, & 1% Strawberry

Vegetarian Entrees have an *

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>National Tater Tot Day is February 2nd! Celebrate with us a day early and have it with Breakfast for Lunch on February 1st!</p>	<p>Egg, Sausage & Cheese Tacos Blueberry Yogurt Parfait</p> <hr/> <p>French Toast & Sausage Chicken Patty on a Bun Popcorn Chicken Salad & Roll</p> <hr/> <p>Zucchini Slices, Celery Sticks, Warm Apple Slices, Fresh Pear</p>	<p>French Toast Sticks Choc Strawberry Yogurt Smoothie</p> <hr/> <p>Pepperoni Pizza Pretzel, Yogurt, Cheese Plate* Grilled Bacon & Cheese</p> <hr/> <p>Fresh Baby Carrots, Variety Vegetable Fresh Whole Apple, Variety Fruit</p>
<p>Bacon Breakfast Pizza Apple Orange Yogurt Smoothie</p> <hr/> <p>Mini Corn Dogs w/ Mac & Cheese Sun Butter & Jelly * Cheeseburger on a Bun</p> <hr/> <p>Romaine Salad, Celery Sticks, Fruit Mix, Fresh Oranges</p>	<p>Sausage Egg & Cheese Flatbread Strawberry Yogurt Parfait</p> <hr/> <p>Beef & Cheese Nachos Grilled Chicken on a Bun Baja Vegetable Salad & Roll*</p> <hr/> <p>Refried Beans, Street Style Corn, Diced Pears, Fresh Apple</p>	<p>Pancake on a Stick Tropical Yogurt Smoothie</p> <hr/> <p>Popcorn Chicken Bowl & Breadstick Cheese Pizzadilla* Turkey Chef Salad & Roll</p> <hr/> <p>Fresh Broccoli, Red Pepper Strips Diced Peaches, Fresh Banana</p>	<p>Bacon Egg & Cheese Burrito Peach Yogurt Parfait</p> <hr/> <p>Chicken Nuggets & Breadstick Turkey & Cheese Sandwich BBQ Chicken Flatbread</p> <hr/> <p>Romaine Salad, Fresh Cucumber, Rosy Applesauce, Orange Craisins</p>	<p>French Toast Sticks Strawberry Yogurt Parfait</p> <hr/> <p>Thai Chicken Tenders & Rice Hamburger on a Bun Make-Your-Own Pep Pizza Bagel</p> <hr/> <p>Golden Corn, Romaine Salad, Rosy Applesauce, Fresh Pear</p>
<p>Biscuit & Gravy Pink Lemonade Yogurt Smoothie</p> <hr/> <p>Twin Soft Tacos Cheese Quesadilla* Cookie Humus & Yogurt Plate*</p> <hr/> <p>Romaine Salad, Baked Beans, Fruit Mix, Fresh Oranges</p>	<p>Bacon Egg & Cheese Frittata Blueberry Yogurt Parfait</p> <hr/> <p>Hot Dog on a Bun Pizza Sticks & Sauce* Chicken Ranch Wrap</p> <hr/> <p>Cucumber Slices, Green Beans, Diced Pears, Fresh Apple</p>	<p>Sausage English Muffin Sandwich Berry Banana Yogurt Smoothie</p> <hr/> <p>Pancakes & Scrambled Eggs Chicken Patty on a Bun Italian Salad w/ Ham & Roll</p> <hr/> <p>Happy Valentine's Day! Fresh Baby Carrots, Celery Sticks, Fresh Banana, Cherry Juice</p>	<p>French Toast Sticks Strawberry Yogurt Parfait</p> <hr/> <p>French Toast Sticks Blueberry Yogurt Parfait</p> <hr/> <p>Waffles & Sausage Cheeseburger on a Bun* Sun Butter & Jelly Sandwich*</p> <hr/> <p>Tater Tots, Red Pepper Strips, Applesauce, Orange Craisins</p>	<p>Orange Glazed Cinnamon Roll Purple Haze Yogurt Smoothie</p> <hr/> <p>Sausage Pizza Grilled Cheese* Pretzel, Yogurt, Cheese Plate*</p> <hr/> <p>Red Pepper Strips, Variety Vegetable Fresh Whole Apple, Variety Fruit</p>
	<p>Bosco Stick Pineapple Yogurt Parfait</p> <hr/> <p>Raiders Chicken Sandwich Mini Corn Dogs Turkey & Cheese Sandwich</p> <hr/> <p>Waffle Fries, Romaine Salad, Diced Pears, Fresh Apple</p>	<p>Sausage Breakfast Pizza Apple Cinnamon Yogurt Smoothie</p> <hr/> <p>Twin Soft Tacos Chicken Nuggets & Breadstick Egg Chef Salad & Roll*</p> <hr/> <p>Celery Sticks, Baked Beans, Diced Peaches, Fresh Banana</p>	<p>Egg Tater Tot Cheese Tacos Blueberry Yogurt Parfait</p> <hr/> <p>Waffles & Sausage Cheeseburger on a Bun* Sun Butter & Jelly Sandwich*</p> <hr/> <p>Tater Tots, Red Pepper Strips, Applesauce, Orange Craisins</p>	<p>Cinni-Mini Apple Orange Yogurt Smoothie</p> <hr/> <p>Pepperoni Pizza Corn Dog on a Stick Ham & Cheese Sub</p> <hr/> <p>Cucumber Slices, Variety Vegetable Fresh Whole Apple, Variety Fruit</p>
<p>Emoji Waffles & Scrambled Eggs Choc Straw Yogurt Smoothie</p> <hr/> <p>Fish Sticks & Cheez-Its Chicken Nuggets & Breadstick Make-Your-Own Pep Pizza Bagel</p> <hr/> <p>Red Pepper Strips, Tater Tots, Fruit Mix, Fresh Oranges</p>	<p>Chicken Snack Wrap Strawberry Yogurt Parfait</p> <hr/> <p>Grilled Cheese* Popcorn Chicken Flatbread Pretzel, Yogurt, Cheese Plate* National Strawberry Day! Fresh Broccoli, Steamed Carrots, Diced Pears, Strawberry Applesauce</p>	<p>Chicken Breakfast Biscuit Straw Pineapple Yogurt Smoothie</p> <hr/> <p>Walking Taco Chicken Quesadilla Ham & Cheese Sub</p> <hr/> <p>Baby Carrots, Kickin Pinto Beans, Diced Peaches, Fresh Banana</p>	<p>Mini Sausage Pancake Bites Peach Yogurt Parfait</p> <hr/> <p>Bacon Cheeseburger Bosco Sticks & Sauce* Turkey Chef Salad & Roll</p> <hr/> <p>Celery Sticks, Mixed Vegetables, Applesauce, Fresh Pear</p>	



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.

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”.



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

Six empty yellow boxes for letter entry.



WE ARE A BUNCH OF “HANDS”!