

# FEBRUARY 2024



Elliott, Hamilton,  
Hicks, Roosevelt-  
McGrath, & Taft-  
Galloway

ACE'S CORNER

Extra Slice of Pizza \$2.00 on Pizza Day!



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Nutri Grain Bar Applesauce	<b>5</b>	Muffin & Cheese Stick Whole Fruit	<b>6</b>	Bagel & Cream Cheese Apple Slices	<b>7</b>	Zee Zee Bar Apple Slices	<b>8</b>	Donut Day Fruit Juice	<b>9</b>
A. Cheeseburger B. Uncrustable (No Peanut) C. Egg & Cheese Plate		A. Domino's Pizza B. Egg & Cheese Plate		A. Beef Tacos B. Cheese Pizza Quesadilla C. Egg & Cheese Plate		A. French Toast Sticks B. Corn Dog C. Egg & Cheese Plate		A. Chicken Patty Sandwich B. Cook's Choice C. Egg & Cheese Plate	
Breakfast Round Applesauce	<b>12</b>	Pop Tart Whole Fruit	<b>13</b>	Cinni Mini Fruit Cup	<b>14</b>	Cook's Choice Cook's Choice	<b>15</b>	Cook's Choice Cook's Choice	<b>16</b>
A. Chicken Nuggets & Roll B. Uncrustable (No Peanut) C. Cook's Choice		A. Domino's Pizza B. Cook's Choice		A. Macaroni & Cheese w/Pretzel B. Cook's Choice C. Cook's Choice		A. Cook's Choice B. Cook's Choice C. Cook's Choice		A. Cook's Choice B. Cook's Choice	
<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>	
NO SCHOOL DISTRICT CLOSED		NO SCHOOL DISTRICT CLOSED		NO SCHOOL DISTRICT CLOSED		NO SCHOOL DISTRICT CLOSED		NO SCHOOL DISTRICT CLOSED	
Nutri Grain Bar Applesauce	<b>26</b>	Muffin & Cheese Stick Whole Fruit	<b>27</b>	Strawberry Bagel Apple Slices	<b>28</b>	Cereal Banana	<b>29</b>	Donut Day Fruit Juice	<b>1</b>
A. Chicken Drumstick B. Uncrustable (No Peanut) C. Muffin & Cheese Plate		A. Domino's Pizza B. Muffin & Cheese Plate		A. Bosco Sticks B. Mexican Pizza C. Muffin & Cheese Plate		A. Pepperoni Crazy Bread B. Crazy Cheese Bread C. Muffin & Cheese Plate		A. Chicken Patty Sandwich B. Turkey & Cheese Sandwich C. Muffin & Cheese Plate	
Breakfast Round Applesauce	<b>4</b>	Pop Tart Whole Fruit	<b>5</b>	Tiger Bites & Gogurt Fruit Cup	<b>6</b>	Zee Zee Bar Apple Slices	<b>7</b>	Fruit Bread Fruit Juice	<b>8</b>
A. Chicken Tenders & Roll B. Uncrustable (No Peanut) C. Hummus & Pita Plate		A. Domino's Pizza B. Hummus & Pita Plate		A. Beefy Nacho's B. Ham & Cheese Sandwich C. Hummus & Pita Plate		A. Pancakes and Sausage B. Chef's Salad C. Hummus & Pita Plate		A. Chicken Patty Sandwich B. Cook's Choice C. Hummus & Pita Plate	

# 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.**