

# JANUARY-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>8</b>	Muffin & Cheese Stick Whole Fruit	<b>9</b>	Bagel & Cream Cheese Apple Slices	<b>10</b>	Zee Zee Bar Apple Slices	<b>11</b>	Donut Day Fruit Juice	<b>12</b>
A. Chicken Nuggets & Roll B. Uncrustable (No Peanut) C. Muffin & Cheese Plate		A. Domino's Pizza B. Muffin & Cheese Plate		A. Pancakes & Sausage B. Ham & Cheese Sandwich C. Muffin & Cheese Plate		A. Sloppy Joe Sandwich B. Grilled Cheese Sandwich C. Muffin & Cheese Plate		1/2 DAY NO LUNCH	
NO SCHOOL DISTRICT CLOSED	<b>15</b>	Pop Tart Whole Fruit	<b>16</b>	Cinni Mini Fruit Cup	<b>17</b>	Cereal Banana	<b>18</b>	Fruit Bread Fruit Juice	<b>19</b>
		A. Domino's Pizza B. Yogurt Plate		A. Bosco Sticks B. Mexican Pizza C. Yogurt Plate		A. Pepperoni Crazy Bread B. Crazy Cheese Bread C. Yogurt Plate		A. Chicken Patty Sandwich B. Turkey & Cheese Sandwich C. Yogurt Plate	
Nutri Grain Bar Applesauce	<b>22</b>	Muffin & Cheese Stick Whole Fruit	<b>23</b>	Strawberry Bagel Apple Slices	<b>24</b>	Zee Zee Bar Apple Slices	<b>25</b>	Donut Day Fruit Juice	<b>26</b>
A. Chicken Tenders & Roll B. Uncrustable (No Peanut) C. Hummus & Pita Plate		A. Domino's Pizza B. Hummus & Pita Plate		A. Beefy Nachos B. Ham & Cheese Sandwich C. Hummus & Pita Plate		A. Macaroni & Cheese w/ Pretzel B. Chef's Salad C. Hummus & Pita Plate		A. Chicken Patty Sandwich B. Cook's Choice C. Hummus & Pita Plate	
Breakfast Round Applesauce	<b>29</b>	Pop Tart Whole Fruit	<b>30</b>	Tiger Bites & Go-Gurt Fruit Cup	<b>31</b>	Cereal Banana	<b>1</b>	Fruit Bread Fruit Juice	<b>2</b>
A. Chicken Drumstick & Roll B. Uncrustable (No Peanut) C. Muffin & Cheese Plate		A. Domino's Pizza B. Muffin & Cheese Plate		A. Cheese Ravioli B. Mexican Pizza C. Muffin & Cheese Plate		A. Pepperoni Calzone B. Crazy Cheese Bread C. Muffin & Cheese Plate		A. Chicken Patty Sandwich B. Turkey & Cheese Sub C. Muffin & Cheese Plate	
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. Beefy 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	

# 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:

1. 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.
2. Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
3. 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.
4. 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.**