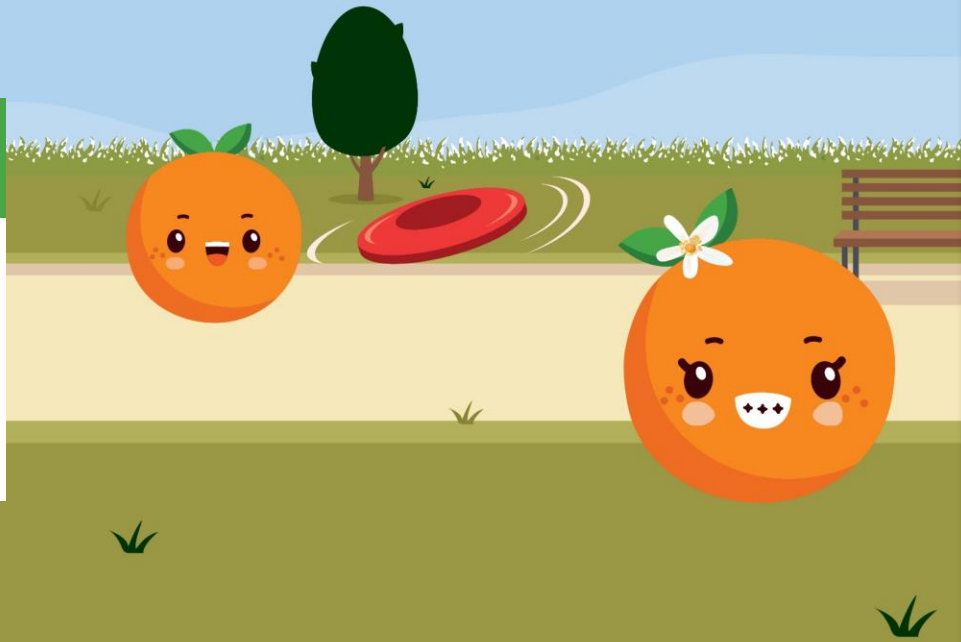


PARKWAY JANUARY 2023



Lunch Prices
Paid: \$2.70
Reduced: \$0.40
Adult: \$4.65
Milk
\$0.45

ACE'S CORNER

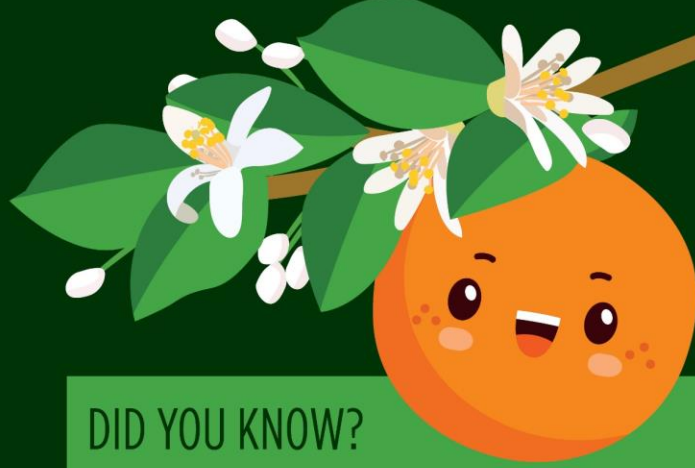


*Contains PORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>No School!</p>	<p>3</p> <p>Beef Nachos Popcorn Chicken w/Pretzel Rod Turkey & Cheese Sub</p> <p>Green Beans, Corn Mixed Fruit, Peaches</p>	<p>4</p> <p>Chicken Patty Cheesy Pizza Sticks w/ Sauce Peach Yogurt Parfait w/Cheez-Itz</p> <p>Applesauce, Strawberry Baby Carrots, Broccoli</p>	<p>5</p> <p>French Toast Sticks w/ Sausage BBQ Chicken Sandwich Sun Butter & Jelly</p> <p>Craisins, Pears Green Beans, Cucumbers</p>	<p>6</p> <p>Pepperoni Pizza Hamburger Muffin, String Cheese & Yogurt Pack</p> <p>Apple Slices, Juice Carrots, Peas</p>
<p>9</p> <p>Bosco Sticks Chicken Quesadilla Make Your Own Pizza Flatbread</p> <p>Peaches, Mixed Fruit Spinach, Corn</p>	<p>10</p> <p>Chicken Nachos Hamburger Ham & Cheese Sub*</p> <p>Applesauce, Pears Baked Beans*, Cucumbers</p>	<p>11</p> <p>Mini Corn Dogs Chicken Patty Blueberry Yogurt Parfait w/Cheez-Itz</p> <p>Peaches, Blueberries Baby Carrots, Broccoli</p>	<p>12</p> <p>Waffles w/Sausage Grilled Cheese Sun Butter & Jelly</p> <p>Mixed Fruit, Craisins Carrots, Celery</p>	<p>13</p> <p>No School!</p>
<p>16</p> <p>No School! "The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education." Martin Luther King Jr</p>	<p>17</p> <p>Beef Tacos Chicken Nuggets Turkey & Cheese Sub</p> <p>Mixed Fruit, Applesauce Kickin' Pinto Beans, Broccoli</p>	<p>18</p> <p>Popcorn Chicken w/ Roll Turkey Hot Dog Peach Yogurt Parfait w/Cheez-Itz</p> <p>Strawberries, Peaches Fries, Baked Beans*</p>	<p>19</p> <p>French Toast Sticks w/ Sausage BBQ Pork Rib Sandwich* Sun Butter & Jelly</p> <p>Craisins, Pears Carrots, Red Pepper Strips</p>	<p>20</p> <p>Cheese Pizza Fish Patty Melt Muffin, String Cheese & Yogurt Pack</p> <p>Juice, Mixed Fruit Corn, Peas</p>
<p>23</p> <p>Chicken Patty Meatball Sub Make Your Own Pizza Flatbread</p> <p>Pears, Blueberries Corn, Baby Carrots</p>	<p>24</p> <p>Beef Nachos Popcorn Chicken Ham & Cheese Sub*</p> <p>Apple, Mixed Fruit Garbanzo Beans, Broccoli</p>	<p>25</p> <p>Chicken Nuggets Hamburger Peach Yogurt Parfait w/Cheez-Itz</p> <p>Pears, Peaches Fries, Red Pepper</p>	<p>26</p> <p>Waffles w/ Eggs Ham & Cheese Melt* Sun Butter & Jelly</p> <p>Craisins, Peaches Cucumber, Tater Tots</p>	<p>27</p> <p>Cheese Pizza Chicken Quesadilla Muffin, String Cheese & Yogurt Pack</p> <p>Mixed Fruit, Juice Peas, Carrot</p>
<p>30</p> <p>Mini Corn Dogs Popcorn Chicken bowl Make Your Own Pizza Flatbread</p> <p>Mixed Fruit, Juice Corn, Mashed Potato</p>	<p>31</p> <p>Chicken Nachos Cheesy Pizza Sticks Turkey & Cheese Sub</p> <p>Apple, Peaches Broccoli, Garbanzo Beans</p>	<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com</p>		

ORANGE YOU THE SWEETEST!?

There are two main types of oranges: the sweet orange (*Citrus sinensis*) and the bitter orange (*Citrus aurantium*). Oranges are one of the most popular fruits around the world, and with 10 segments inside an orange—they are perfect for sharing! These vibrant, juicy fruits serve as a go-to snack for vitamin C, fiber, potassium, and choline, which are all good for your heart. Orange juice is widely considered one of the healthiest beverages because of its impressive range of health benefits. Orange you glad there are now over 600 varieties of oranges worldwide? On top of all those benefits, orange peels are used to make candies, teas, natural cleansers, or medicine. Even the flowers of an orange tree are wonderfully fragrant and great in perfumes.



DID YOU KNOW?

BETTER WITH TIME Orange trees are evergreen, meaning their foliage remains green throughout the year.

EDIBLE ORANGEMENTS A single citrus plant can bear as many as 60,000 flowers, but only 1 percent of those flowers will turn into fruit

ACE'S JOKE OF THE MONTH

**Q. WHAT KIND OF ORANGE
FIGHTS SCURVY ON THE
HIGH SEAS?**



SEE ANSWER BELOW

ACTIVITY: FRUITFUL FACTOIDS OR FICTION?

Peel your eyes and decide on fact or fiction for the following five statements.

SEE ANSWER BELOW

- _____ 1. Blood oranges grow best under the harvest moon.
- _____ 2. After chocolate and vanilla, orange is the world's favorite flavor.
- _____ 3. The oranges we know and love do not grow in the wild.
- _____ 4. Oranges were first grown in Florida.
- _____ 5. Navel oranges get their name from the belly-button formation that develops at the opposite side of the stem end.



JOKE ANSWER: Navel orange
ACTIVITY ANSWER: 1. Fiction-Their season is from December through May, while the harvest moon usually occurs in September or occasionally October; 2. Fact; 3. Fact-The sweet orange is a man-made hybrid of the pomelo and the mandarin; 4. Fiction; They originated in China and were first brought over to North America by voyagers in the 1490s; 5. Fact