

GLEN HILLS JANUARY 2023



ACE'S CORNER

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



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 Sweet & Sour Popcorn Chicken w/ Rice 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 Spicy 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>Spicy 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>Spicy 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>Boneless Wings 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>		

YELLOW WORLD

Sunshine yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include lemon, yellow tomatoes, garbanzo beans, pineapple, yellow peppers, and egg yolks.

DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



PINEAPPLE: Full of vitamin C, calcium, & iron
Peak Season: Apr.-May

LEMON: Bursting with fiber, vitamin C, & potassium
Peak Season: Nov.-Mar.



BANANA: Brimming with fiber & potassium
Peak Season: Apr.-Oct.

CHALLENGE OF THE MONTH: DON'T GET YOUR TONGUE IN A TWIST

It's surprisingly easy to jumble certain sayings. Try saying these phrases slowly, then three times fast. Invite your family and friends to join you. Can you say these phrases correctly every time? Can you think of other examples?

CAN I HAVE ONE?



NOPE



1. SELFISH SHELLFISH



2. FRESHLY FRIED FLYING FISH

3. EDDIE EDITED IT

4. TRULY RURAL

5. SIX SLIPPERY SNAILS SLID SLOWLY SEAWARD



ACE'S
RECIPE OF THE
MONTH:

PEANUT BUTTER BANANA ENERGY BARS*

Serves 12



INGREDIENTS:

- 3 very ripe bananas
- 1 cup peanut butter
- 1/4 cup honey or maple syrup, for a vegan version
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 cups old-fashioned oats
- 1 cup sliced almonds or other nut/seed combination

PREPARATION:

- Using a hand or standing mixer, mix the bananas, peanut butter, honey, cinnamon, and vanilla extract until very smooth.
- Add oats and almonds and mix until combined.
- Evenly spread and flatten onto a parchment-covered baking dish (about 9x9 inches).
- Bake at 350 degrees for 30 minutes, or until golden brown on edges.
- Allow to cool completely before cutting bars.
- Store at room temperature for a week or freeze for up to six months in an airtight container/wrapped individually in plastic wrap.

***DO NOT attempt cook or chop without adult supervision.**