



JANUARY 2023

FUN FACTS:

Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen from green to red.

Breakfast Prices **Lunch Prices**
 Paid: \$1.80 Paid: \$3.20
 Reduced: \$0.30 Reduced: \$0.40



ACE'S CORNER

Elementary School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com Keyword: Hanover Park</p>	 <p>3</p>		<p>Banana Chocolate Chip Round 5 <u>Trix Bar w/ String Cheese</u></p> <p>Chicken Tenders w/ Pretzel Rod Blueberry Muffin Fun Pack Steamed Carrots, Cold Green Peas, Fresh Apple, Craisins</p>	<p>Chocolate Crescent 6 <u>Cheerios w/ HB Egg</u></p> <p>Cheese Pizza Blueberry Muffin Fun Pack Green Beans, Red Pepper Strips, Zucchini Slices, Fresh Apple, Raisins</p>
<p>Cinnamon Dazzle Breakfast Round 9 <u>Frosted Flakes & Hard-Boiled Egg</u></p> <p>Fish Sticks & Goldfish Crackers Ace's Cereal Fun Pack Golden Sweet Corn, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins</p>	<p>Berry French Toast 10 <u>Frosted Poptart w/String Cheese</u></p> <p>Meatball Pizza Sub Ace's Cereal Fun Pack Winter Blend, Side Salad, Cucumber Slices, Fresh Orange, Applesauce</p> 	<p>Strawberry Cream Cheese Bagel 11 <u>Yogurt w/Graham Crackers</u> National Milk Day! Chicken Nuggets w/ Pretzel Ace's Cereal Fun Pack Vegetarian Baked Beans, Fresh Broccoli, Celery Sticks, Fresh Banana, Apple Slices</p> 	<p>Mini Cinnamon Rolls 12 <u>Banana Muffin w/String Cheese</u></p> <p>Cheeseburger Ace's Cereal Fun Pack Green Beans, Side Salad, Grape Tomatoes, Fresh Orange, Diced Pears</p>	<p>Apple Frudel 13 <u>Team Cheerio Bar w/ HB Egg</u></p> <p>Max Snaxx Pizza Sticks & Sauce Ace's Cereal Fun Pack Green Peas, Red Pepper Strips, Zucchini Slices, Fresh Apple, Raisins</p>
<p>NO SCHOOL 16</p> 	<p>National Bagel Day! 17</p> <p>Cinnamon Raisin Bagel & CC <u>Chocolate Muffin w/String Cheese</u> Mini Corn Dogs Flatbread Pizza Kit Green Beans, Baby Carrots, Cucumber Slices, Fresh Orange, Applesauce</p>	<p>Chocolate Chip Breakfast Round 18 <u>Trix Cereal/Chocolate Tiger Bites</u></p> <p>Chicken Patty Sandwich Flatbread Pizza Kit Steamed Carrots, Fresh Broccoli Celery Sticks, Fresh Banana, Apple Slices</p>	<p>Breakfast Pizza 19 <u>Strawberry Poptart w/ String Cheese</u></p> <p>Cheese Quesadilla Flatbread Pizza Kit Steamed Corn, Side Salad, Grape Tomatoes, Fresh Grapes, Diced Peaches</p>	<p>Powder Sugar Donut Holes 20 <u>Yogurt & HB Egg</u></p> <p>Pepperoni Pizza Flatbread Pizza Kit Peas & Carrots, Red Pepper Strips, Zucchini Slices, Fresh Apple, Raisins</p>
<p>Mini Cinnamon Rolls 23 <u>Cereal & Animal Crackers</u></p> <p>Popcorn Chicken w/ Cheez-It's Ace's Yogurt Fun Pack Green Beans, Baby Carrots, Edamame, Apple Slices, Craisin</p>	<p>Blueberry Waffles 24 <u>Frosted Poptart & String Cheese</u></p> <p>French Toast Sticks w/Sausage Corn Dog Ace's Yogurt Fun Pack Steamed Broccoli, Side Salad, Cucumber Slices, Fresh Orange, Applesauce</p>	<p>Oatmeal Raisin Benefit Bar 25 <u>Frosted Flakes /w Scooby Grahams</u></p> <p>Grilled Cheese Sandwich Ace's Yogurt Fun Pack Vegetarian Baked Beans, Fresh Broccoli, Celery Sticks, Fresh Banana, Apple Slices</p>	<p>Turkey Sausage Pancake Wrap 26 <u>Yogurt & String Cheese</u></p> <p>Salisbury Steak /w Gravy & Dinner Roll Ace's Yogurt Fun Pack Mashed Potatoes, Side Salad, Grape Tomatoes, Fresh Orange, Diced Pears</p>	<p>Banana Chocolate Chip Round 27 <u>Cocoa Puff Bar /w HB Egg</u></p> <p>Pizza Crunchers Ace's Yogurt Fun Pack Steamed Peas, Red Pepper Strips, Zucchini Slices, Apple Slices, Raisins</p>
<p>Benefit Bar 30 <u>Cinnamon Toast Crunchl w/HB Egg</u></p> <p>Hot Dog ½ Ham & Cheese Sandwich Pack Winter Blend, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins</p>	<p>Mini Maple Waffles 31 <u>Blueberry Poptart w/String Cheese</u></p> <p>Beef Nachos ½ Ham & Cheese Sandwich Pack Campfire Beans, Fresh Celery Sticks, Fresh Orange, Applesauce</p>	<p><i>Did you know?</i> *Our grains are whole-grain rich. *Breakfast cereals are reduced sugar. *We offer fresh fruit and veggies everyday! *100% fruit juice offered everyday with Breakfast & Lunch! *1% Milk & Fat Free Chocolate Milk Available Daily!</p>		

WELCOME TO THE PEP RALLY

Red bell peppers are a member of the capsicum annum family. Perfect for January's chili weather, red peppers provide just the right sweetness and crunch, unlike other peppers whose intensity can be overpowering. Bell peppers are different from many of their relatives because they don't have capsaicin, the compound that makes certain peppers hot and spicy. Red peppers can be prepared raw, cooked, roasted, or pickled. Eating them can have several health benefits, such as improved eye health and reduced risk of several chronic diseases. Red peppers also boast four times the vitamin C of an orange, making them sure to add some pep to your step.

DID YOU KNOW?

SOME THINGS GET SWEETER WITH TIME...

Red bell peppers are actually just fully ripened green bell peppers, which is why they are sweeter in taste.

SEED WHAT I MEAN?

While bell peppers are commonly called vegetables, they are technically classified as fruits since they are produced from a flowering plant and contain seeds.

ACE'S JOKE OF THE MONTH

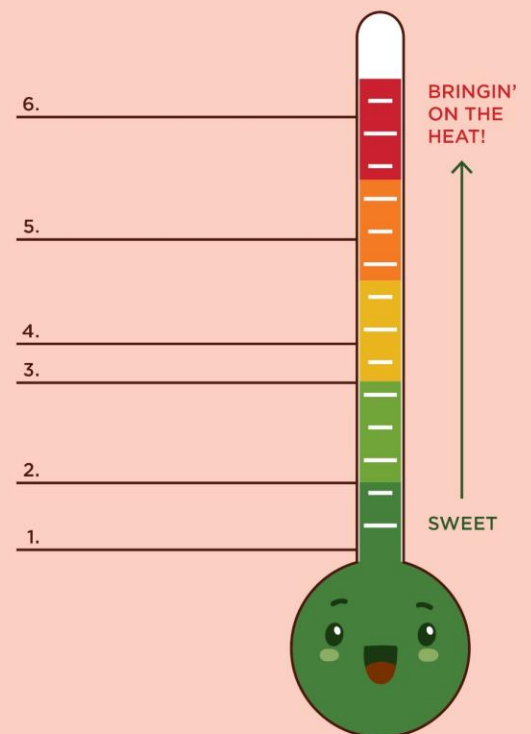
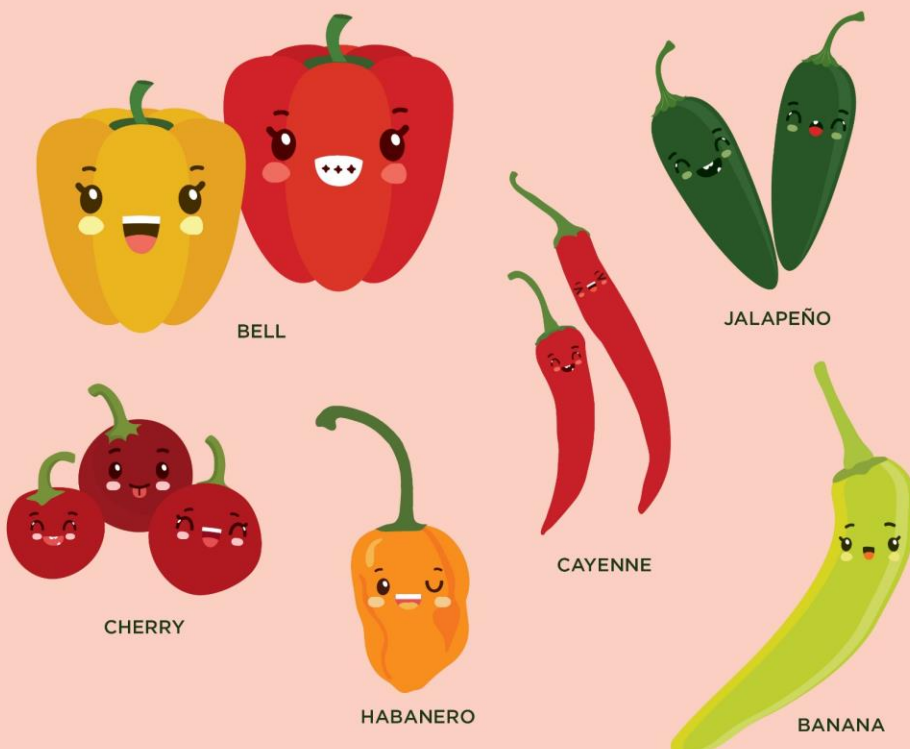


Q. WHY DID THE TOMATO GO OUT WITH A PRUNE?

SEE ANSWER BELOW

ACTIVITY: SPICE AS NICE

Peppers have a range of flavors. On the thermometer, rank these peppers from sweet to bringin' on the heat!



JOKE ANSWER: Because he couldn't find a date.
 ACTIVITY ANSWER: 1. Bell; 2. Banana; 3. Cherry; 4. Jalapeño; 5. Cayenne; 6. Habanero