

Parkway FEBRUARY 2023



ACE'S CORNER

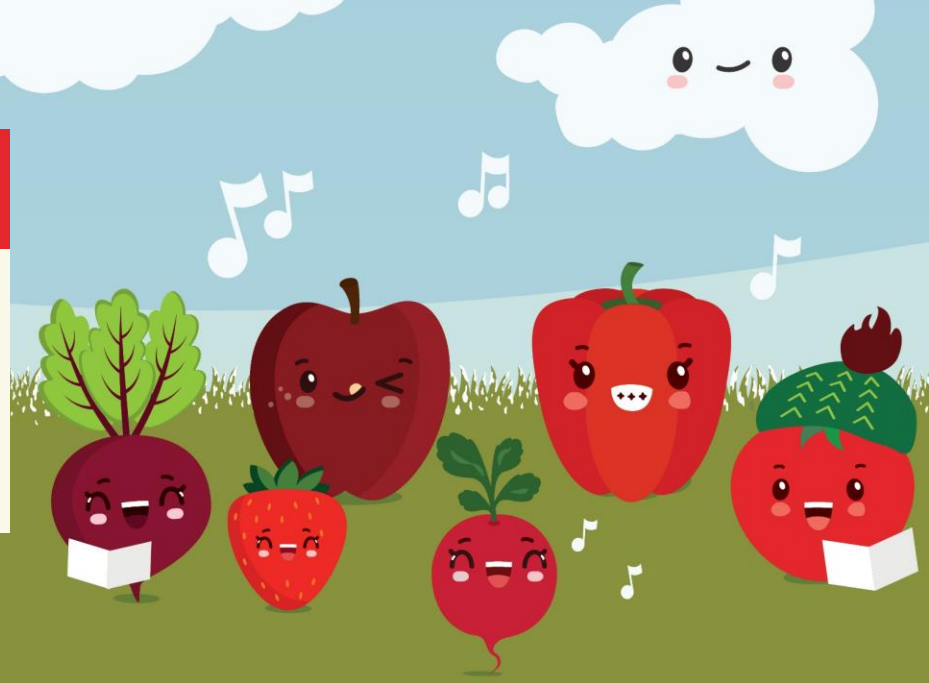
Lunch Prices


Paid: \$2.70

Reduced: \$0.40

Adult Meal: \$4.65

Milk without a Meal: \$0.45



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Chicken Patty Meatball Sub Peach Yogurt Parfait w/Cheez-Itz</p> <p>Peaches, Blueberries Corn, Red Pepper Strips</p>	<p>2</p> <p>French Toast Sticks w/ Eggs Chicken Nuggets Sun Butter & Jelly</p> <p>Craisins, Pears Carrots, Cucumbers</p>	<p>3</p> <p>Cheese Pizza Hamburger Muffin, String Cheese & Yogurt Pack</p> <p>Apple, Juice Baby Carrots, Peas</p>
<p>6</p> <p>Bosco Sticks Popcorn Chicken w/ Pretzel Rod Make Your Own Pizza Flatbread</p> <p>Peaches, Mixed Fruit Spinach, Corn</p>	<p>7</p> <p>Chicken Nachos Hamburger Ham & Cheese Sub*</p> <p>Applesauce, Pears Baked Beans, Cucumbers</p>	<p>8</p> <p>Mini Corn Dogs Chicken Patty Blueberry Yogurt Parfait w/Cheez-Itz</p> <p>Peaches, Blueberries Baby Carrots, Broccoli</p>	<p>9</p> <p>Waffles w/Sausage Grilled Cheese Sun Butter & Jelly</p> <p>Mixed Fruit, Craisins Carrots, Celery</p>	<p>10</p> <p>Cheese Pizza Chicken Quesadilla Muffin, String Cheese & Yogurt Pack</p> <p>Pears, Juice Green Beans, Peas</p>
<p>13</p> <p>Cheeseburger Mini Corn Dogs Make Your Own Pizza Flatbread</p> <p>Mashed Potatoes, Corn Peaches, Pears</p>	<p>14</p> <p>Beef Tacos Chicken Nuggets Turkey & Cheese Sub</p> <p>Oranges, Strawberries Potato Smiles, Broccoli</p>	<p>15</p> <p>Popcorn Chicken w/ Roll Turkey Hot Dog Peach Yogurt Parfait w/Cheez-Itz</p> <p>Strawberries, Peaches Fries, Baked Beans</p>	<p>16</p> <p>French Toast Sticks w/ Sausage BBQ Pork Rib Sandwich* Sun Butter & Jelly</p> <p>Craisins, Pears Carrots, Red Pepper Strips</p>	<p>17</p> <p>Cheese Pizza Fish Patty Melt Muffin, String Cheese & Yogurt Pack</p> <p>Juice, Mixed Fruit Corn, Peas</p>
<p>20</p> <p>NO SCHOOL</p>	<p>21</p> <p>Beef Nachos Popcorn Chicken Ham & Cheese Sub*</p> <p>Apple, Mixed Fruit Garbanzo Beans, Broccoli</p>	<p>22</p> <p>Chicken Nuggets Hamburger Peach Yogurt Parfait w/Cheez-Itz</p> <p>Pears, Peaches Fries, Red Pepper</p>	<p>23</p> <p>Waffles w/ Eggs Ham & Cheese Melt* Sun Butter & Jelly</p> <p>Craisins, Peaches Cucumber, Tater Tots</p>	<p>24</p> <p>Cheese Pizza Fish Sticks Muffin, String Cheese & Yogurt Pack</p> <p>Mixed Fruit, Juice Peas, Carrots</p>
<p>27</p> <p>Mini Corn Dogs Chicken Quesadilla Make Your Own Pizza Flatbread</p> <p>Mixed Fruit, Juice Corn, Mashed Potato</p>	<p>28</p> <p>Chicken Nachos Cheesy Pizza Sticks Turkey & Cheese Sub</p> <p>Strawberries, 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>		

RED-Y FOR WINTER

Did you know the color red visually triggers appetite? Vibrant red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include tomatoes, kidney beans, cranberries, and pomegranates. On top of these impressive benefits, some red foods are used as dyes.

DISCOVER: BEETS

Beets are an edible taproot that can be steamed, fried, pickled, juiced, boiled, slow cooked, or eaten raw. In season November through late January, beets are an excellent source of folate, vitamins A and K, fiber, and potassium.



STRAWBERRIES: Loaded with vitamin C, folate, & antioxidants
Peak Season: Apr. - Jun.

RED PEPPERS: Hearty dose of vitamin C, fiber, & protein
Peak Season: Jul. - Sep.



RADISHES: Bursting with fiber, potassium, & folate
Peak Season: Feb. - Apr.

CHALLENGE OF THE MONTH: CREATE A WINTER WONDERLAND

Paper snowflakes are the perfect way to turn your home into a winter wonderland. Since each snowflake is different, try putting unique patterns as you cut your snowflakes.



1. Begin with a square piece of paper.

2. Fold it in half to create a large triangle.



3. Fold it in half again to make a smaller triangle.



4. Cut a variety of shapes into the sides of the triangle.



5. Open the cut triangle and you will have a square paper snowflake.



ACE'S RECIPE OF THE MONTH:

BEET HUMMUS*

Serves 3



INGREDIENTS:

- 1 14.5-oz can chickpeas, drained, rinsed, and patted dry
- 1/2 cup boiled beets (preparation below)
- 1/4 cup plain whole-milk yogurt
- Juice of 1/2 lemon
- 1 tablespoon tahini
- 1/4 teaspoon salt

BOILED BEETS PREPARATION:

1. Fill a pot with water and a pinch of salt and bring it to a boil. Add beets and boil for 20 to 40 minutes, until tender.
2. Rinse boiled beets in cool water and peel.

Note: Be sure to clean any beet juice spills on counters or clothes right away to avoid stains.

HUMMUS PREPARATION:

1. Place all ingredients into a blender and puree until very smooth.
2. Enjoy on toast, crackers, or as a fresh veggie dip.
3. Store in an airtight container in the fridge for up to 5 days.

***DO NOT cook, blend, or chop without adult supervision.**