



# Glen Hills 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><b>1</b></p> <p>Spicy Chicken Patty Meatball Sub Peach Yogurt Parfait w/Cheeze-Itz</p> <p>Peaches, Blueberries Corn, Red Pepper Strips</p>	<p><b>2</b></p> <p>French Toast Sticks w/ Eggs Chicken Nuggets Sun Butter &amp; Jelly</p> <p>Craisins, Pears Carrots, Cucumbers</p>	<p><b>3</b></p> <p>Pepperoni Pizza Hamburger Muffin, String Cheese &amp; Yogurt Pack</p> <p>Apples, Juice Baby Carrots, Peas</p>
<p><b>6</b></p> <p>Bosco Sticks Sweet &amp; Sour Popcorn Chicken w/ Rice Make Your Own Pizza Flatbread</p> <p>Peaches, Mixed Fruit Spinach, Corn</p>	<p><b>7</b></p> <p>Chicken Nachos Hamburger Ham &amp; Cheese Sub*</p> <p>Applesauce, Pears Baked Beans, Cucumbers</p>	<p><b>8</b></p> <p>Mini Corn Dogs Chicken Patty Blueberry Yogurt Parfait w/Cheeze-Itz</p> <p>Peaches, Blueberries Baby Carrots, Fries</p>	<p><b>9</b></p> <p>Waffles w/Sausage Grilled Cheese Sun Butter &amp; Jelly</p> <p>Mixed Fruit, Craisins Carrots, Celery</p>	<p><b>10</b></p> <p>Cheese Pizza Chicken Quesadilla Muffin, String Cheese &amp; Yogurt Pack</p> <p>Pears, Juice Green Beans, Peas</p>
<p><b>13</b></p> <p>Cheeseburger Miini Corn Dogs Make Your Own Pizza Flatbread</p> <p>Peaches, Pears Mashed Potatoes, Corn</p>	<p><b>14</b></p> <p>Beef Tacos Chicken Nuggets Turkey &amp; Cheese Sub</p> <p>Oranges, Strawberries Potato Smiles, Broccoli</p>	<p><b>15</b></p> <p>Spicy Popcorn Chicken w/ Roll Turkey Hot Dog Peach Yogurt Parfait w/Cheeze-Itz</p> <p>Mixed Fruit, Peaches Fries, Baked Beans</p>	<p><b>16</b></p> <p>French Toast Sticks w/ Sausage BBQ Pork Rib Sandwich* Sun Butter &amp; Jelly</p> <p>Craisins, Pears Carrots, Red Pepper Strips</p>	<p><b>17</b></p> <p>Cheese Pizza Fish Patty Melt Muffin, String Cheese &amp; Yogurt Pack</p> <p>Juice, Mixed Fruit Corn, Peas</p>
<p><b>20</b></p> <p><b>NO SCHOOL</b></p>	<p><b>21</b></p> <p>Beef Nachos Popcorn Chicken Ham &amp; Cheese Sub*</p> <p>Apple, Mixed Fruit Garbanzo Beans, Broccoli</p>	<p><b>22</b></p> <p>Boneless Wings Hamburger Peach Yogurt Parfait w/Cheeze-Itz</p> <p>Pears, Peaches Fries, Red Pepper</p>	<p><b>23</b></p> <p>Waffles w/ Eggs Ham &amp; Cheese Melt* Sun Butter &amp; Jelly</p> <p>Craisins, Peaches Cucumber, Potato Smiles</p>	<p><b>24</b></p> <p>Cheese Pizza Fish Sticks Muffin, String Cheese &amp; Yogurt Pack</p> <p>Mixed Fruit, Juice Peas, Carrots</p>
<p><b>27</b></p> <p>Mini Corn Dogs Chicken Quesadilla Make Your Own Pizza Flatbread</p> <p>Mixed Fruit, Pears Corn, Mashed Potato</p>	<p><b>28</b></p> <p>Chicken Nachos Cheesy Pizza Sticks Turkey &amp; Cheese Sub</p> <p>Strawberries, Peaches Broccoli, Garbanzo Beans</p>	<p><b>Now Hiring!!</b>  <b>Food Service is Hiring!</b>  <b>Work While Kids are in School</b>  <b>Great Benefits</b>                  Apply online @ <a href="http://www.aramark.com">www.aramark.com</a></p>		

# BLUE-TIFUL PRODUCE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, blue foods may also offer anti-inflammatory and antiviral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blue potatoes, and blue tomatoes.

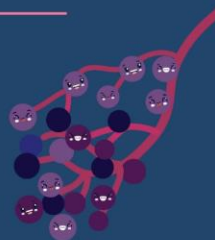
## DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



**BLACKBERRIES:** Loaded with antioxidants, fiber, & vitamin C  
**Peak Season:** Jun.-Aug.

**ELDERBERRIES:** Hearty dose of calcium, iron, & potassium  
**Peak Season:** Aug.-Sept.



**BLUE CORN:**  
Bursting with anthocyanin & protein  
**Peak Season:** Oct. - Nov.

## CHALLENGE OF THE MONTH: CREATE A VEGGIE SNOWMAN

Create a vegetable snowman using real fruits and vegetables or pictures of fruits or vegetables.

**TIP:** If using real produce, use toothpicks to help the snowman stand up. Ask an adult to help cut vegetable slices. Once complete, enjoy your healthy snack!



**HINT:** This snowman was made with cauliflower and one large carrot. Use your favorite herbs or carrot top for arms.



## ACE'S RECIPE OF THE MONTH:

### MY, OH MY, BLUEBERRY PIE OATMEAL\*

Serves 2

#### INGREDIENTS:

- 1 cup frozen blueberries
- 1 tbsp. water
- 1 tbsp. honey
- 1/4 tsp. vanilla extract
- 1 pinch of salt
- 1/2 tsp. cornstarch
- 1 cup dried oats
- 2 cups of milk



#### PREPARATION:

1. In a small saucepan, combine the blueberries, water, honey, vanilla extract, and pinch of salt. Stir to combine, then sprinkle on the cornstarch and mix evenly.
2. Bring to a boil, then let simmer for 5 minutes, or until thickened into a compote.
3. While compote is cooking, boil the milk in a separate saucepan; once boiling, add in the oats and reduce the heat to medium. Let cook for 1 minute then remove from heat and let sit, covered, for 2-3 minutes.
4. Serve the compote on top of oatmeal and top with any additional ingredients your heart desires such as nuts, powdered sugar, or raisins and enjoy!

**\*DO NOT attempt to cook without adult supervision.**