

# Palos Elementary

## January 2024

All Meals are served with a variety of fresh fruit and vegetables options. *Milk is offered with all meals.*

**Vegetarian Entrees Marked with (V)**  
**Pork Entrees Marked with (P)**



### ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1) Chicken Patty Sandwich <b>8</b></p> <p>2) Chocolate Muffin, Mozzarella Stick &amp; Yogurt Pack (V)</p> <p>Fresh Apple, Diced Peaches, Baby Carrots, Broccoli</p>	<p>1) Mini Turkey Corndogs <b>9</b></p> <p>2) Popcorn Chicken Salad with Dinner Roll</p> <p>Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato</p>	<p>1) Mini Cinnamon Roll with Scrambled Eggs w/cheese <b>10</b></p> <p>2) Sun butter and Jelly Sandwich</p> <p>Fresh Banana, Craisins, Green Beans, Baby Carrots</p>	<p>1) Chicken Nuggets w/ Dinner Roll <b>11</b></p> <p>2) Turkey &amp; Cheese Sandwich</p> <p>Fresh Apple, Mix Fruit, BBQ Baked Beans, Celery Sticks</p>	<p>1) Cheese Pizza (V) <b>12</b></p> <p>2) Egg Chef Salad w/Roll (V)</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>
<p> <b>15</b></p>	<p>1) Chicken Patty w/ BBQ Mayo and Pickles <b>16</b></p> <p>2) Popcorn Chicken Salad w/ Goldfish</p> <p>Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato</p>	<p>1) Chicken Nuggets w/Breadstick <b>17</b></p> <p>2) Chocolate Muffin, Mozzarella Stick &amp; Yogurt Pack (V)</p> <p>Fresh Banana, Craisins, Green Beans, Baby Carrots</p>	<p>1) Waffles &amp; Turkey Sausage <b>18</b></p> <p>2) Chicken Ham &amp; Cheese Sub</p> <p>Fresh Apple, Mix Fruit, BBQ Baked Beans, Celery Sticks</p>	<p>1) Bosco Sticks With Marinara Sauce <b>19</b></p> <p>2) Vegetable Baja Salad (Black bean Corn Salsa on Top with Cheddar Cheese) and Tortilla Chips (V)</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>
<p>1) Fish Sticks w/Cheez Its (V) <b>22</b></p> <p>2) Turkey &amp; Cheese Sub</p> <p>Fresh Apple, Diced Peaches, Baby Carrots, Broccoli</p>	<p>1) Italian Cheese Pull Apart Bread <b>23</b></p> <p>2) Chicken Ham Chef Salad</p> <p>Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato</p>	<p>1) Walking BeefTacos <b>24</b></p> <p>2) Chicken Ham &amp; Cheese Sub</p> <p>Fresh Banana, Craisins, Green Beans, Baby Carrots</p>	<p>1) Turkey Bacon Cheeseburger <b>25</b></p> <p>2) Chocolate Muffin, Mozzarella Stick &amp; Yogurt Pack (V)</p> <p>Fresh Apple, Mix Fruit, BBQ Baked Beans, Celery Sticks</p>	<p>1) Cheese Pizza (V) <b>26</b></p> <p>2) Popcorn Chicken Salad w/Roll</p> <p>Fresh Orange, Diced Peaches, Tater Tots, Baby Carrots</p>
<p>1) Chicken Hot Dog <b>29</b></p> <p>2) Make your own Pepperoni (Chicken and Beef) &amp; Mozzarella Pizza Bagel</p> <p>Fresh Apple, Diced Peaches, Baby Carrots, Broccoli</p>	<p>1) Chicken Tenders w/Breadstick <b>30</b></p> <p>2) Tossed Salad w/Cheese</p> <p>Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato</p>	<p>1) Cheeseburger <b>31</b></p> <p>2) Turkey &amp; Cheese Sandwich</p> <p>Fresh Banana, Craisins, Green Beans, Baby Carrots</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.**