

# January 2025

## Daily Fruit & Veg Options\*:

- Monday- Apple slices, Baby carrots
- Tuesday- Grapes, Sliced Cucumber
- Wednesday- Applesauce, Celery sticks
- Thursday- Banana, Baby carrots
- Friday- Apple slices, Broccoli

## Offered Daily:

- Pretzel Pack (WG pretzel, string cheese, and yogurt)
- Sun butter & Jelly Sandwich
- Deli Sandwich (with or without meat)

## Daily Juice & Milk Options:

- All 100% fruit Juices: Apple, Orange, Fruit Punch
- 1% White Milk
- Skim Chocolate Milk

Meal Price: \$2.95

\*\*Please notify staff about any allergy/ ingredient concerns\*\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>30</p>	<p>31</p> <p>2025</p>	 <p>1</p>	<p>2</p> <p><b>Turkey &amp; Pancake Wrap</b>  <b>Popcorn Chicken</b>  <i>Tater Tots</i>  <b>Southwest Salad</b></p>	<p>3</p> <p><b>Turkey Hoagie</b>  <b>Popcorn Chicken</b>  <i>Broccoli</i>  <b>Southwest Salad</b></p>
<p>6</p> <p><b>Hot Dog</b>  <b>Pizza Max Sticks</b>  <i>Fries</i>  <b>Popcorn Chicken Salad</b></p>	<p>7</p> <p><b>Soft Chicken Tacos</b>  <b>Pizza Max Sticks</b>  <i>Black Beans</i>  <b>Popcorn Chicken Salad</b></p>	<p>8</p> <p><b>Cheese or Pepperoni Pizza</b>  <b>Pizza Max Sticks</b>  <i>Mixed Veggies</i>  <b>Popcorn Chicken Salad</b></p>	<p>9</p> <p><b>Chicken &amp; Waffles</b>  <b>Pizza Max Sticks</b>  <i>Potato Smiles</i>  <b>Popcorn Chicken Salad</b></p>	<p>10</p> <p><b>Fish Sticks and Mac &amp; Cheese</b>  <b>Pizza Max Sticks</b>  <i>Broccoli</i>  <b>Popcorn Chicken Salad</b></p>
<p>13</p> <p><b>Pizza Crunchers</b>  <b>Chicken Patty Sand.</b>  <i>Sliced Carrots</i>  <b>Egg Chef Salad</b></p>	<p>14</p> <p><b>Nachos</b>  <b>Chicken Patty Sand.</b>  <i>Pinto Beans</i>  <b>Egg Chef Salad</b></p>	<p>15</p> <p><b>Cheese or Pepperoni Pizza</b>  <b>Chicken Patty Sand.</b>  <i>Green Beans</i>  <b>Egg Chef Salad</b></p>	<p>16</p> <p><b>Confetti Pancakes</b>  <b>Turkey Sausage</b>  <b>Chicken Patty Sand.</b>  <i>Tater Tots</i>  <b>Egg Chef Salad</b></p>	<p>17</p> <p><b>Country Chicken Bowl with Mashed Potatoes</b>  <b>Chicken Patty Sand.</b>  <i>Corn</i>  <b>Egg Chef Salad</b></p>
 <p>20</p>	<p>21</p> <p><b>Chicken or Cheese Quesadilla</b>  <b>Chicken Tenders</b>  <i>Black Beans</i>  <b>Nacho Bean Salad</b></p>	<p>22</p> <p><b>Cheese or Pepperoni Pizza</b>  <b>Chicken Tenders</b>  <i>Mixed Veggies</i>  <b>Nacho Bean Salad</b></p>	<p>23</p> <p><b>Waffles &amp; Turkey Sausage</b>  <b>Chicken Tenders</b>  <i>Potato Smiles</i>  <b>Nacho Bean Salad</b></p>	<p>24</p> <p><b>Ham &amp; Cheese Pretzel Melt</b>  <b>Chicken Tenders</b>  <i>Broccoli</i>  <b>Nacho Bean Salad</b></p>
<p>27</p> <p><b>Mini Corndogs</b>  <b>Cheeseburger</b>  <i>Fries</i>  <b>Romaine &amp; Cheese Salad</b></p>	<p>28</p> <p><b>Walking Tacos</b>  <b>Cheeseburger</b>  <i>Vegetarian Beans</i>  <b>Romaine &amp; Cheese Salad</b></p>	<p>29</p> <p><b>Cheese or Pepperoni Pizza</b>  <b>Cheeseburger</b>  <i>Green Beans</i>  <b>Romaine &amp; Cheese Salad</b></p>	<p>30</p> <p><b>French Toast &amp; Turkey Sausage</b>  <b>Cheeseburger</b>  <i>Tater Tots</i>  <b>Romaine &amp; Cheese Salad</b></p>	<p>31</p> <p><b>General Tso Chicken w/ Rice</b>  <b>Cheeseburger</b>  <i>Broccoli</i>  <b>Romaine &amp; Cheese Salad</b></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.**