



FEBRUARY 2025

— Glen

Questions or Concerns? Email Food
Service Director Anthony at
Damico-Anthony@Aramark.com



Breakfast Price:
Paid: \$2.00
Reduced: \$.30

Lunch Price:
Paid: \$3.25
Reduced: \$.40

Sun Butter & Jelly Sandwich offered at lunch daily White and Chocolate Milk Available Daily *Items may contain pork

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY				
<div>Cheeseburger 3</div> <div>Chicken Tenders w/Pretzel Rod</div> <div>Make Your Own Flatbread Pizza</div> <div>Vegetarian Baked Beans</div> <div>Baby Carrots</div> <div>Mixed Fruit Cup or Orange</div> <div>Assorted Juice Box</div>	<div>Beef Nachos 4</div> <div>Signature Chicken Patty Sandwich</div> <div>Strawberry Parfait w/Cracker</div> <div>Chef's Choice Fries</div> <div>Fresh Broccoli</div> <div>Diced Pears or Banana</div> <div>Assorted Juice Box</div>	<div>Spaghetti w/Meat Sauce 5</div> <div>Sweet Chili Garlic Popcorn Chicken</div> <div>Sun Butter & Jelly Sandwich</div> <div>Steamed Green Peas</div> <div>Celery Sticks</div> <div>Diced Peaches or Apple Slices</div> <div>Assorted Juice Box</div>	<div>Waffles w/Turkey Links 6</div> <div>Mini Corn Dogs w/Goldfish</div> <div>Ham & Cheese Sub*</div> <div>Steamed Green Beans</div> <div>Red Pepper Strips</div> <div>Applesauce or Pear</div> <div>Assorted Juice Box</div>	<div>Choice of Pizza* 7</div> <div>Grilled Cheese</div> <div>Turkey & Cheese Sub</div> <div>Romaine Side Salad</div> <div>Cucumber Coins</div> <div>Diced Pineapple or Apple</div> <div>Assorted Juice Box</div>
<div>Fish Bites w/Cheez-Its 10</div> <div>Chicken Nuggets w/Goldfish</div> <div>Muffin, String Cheese, Yogurt Pack</div> <div>Garlic Mashed Potatoes</div> <div>Red Pepper Strips</div> <div>Mixed Fruit Cup or Orange</div> <div>Assorted Juice Box</div>	<div>French Toast Sticks w/Sausage 11</div> <div>Buffalo Chicken Flatbread</div> <div>Sun Butter & Jelly Sandwich</div> <div>Steamed Carrots</div> <div>Fresh Broccoli</div> <div>Diced Pears or Banana</div> <div>Assorted Juice Box</div>	<div>Nacho Cheese Walking Taco 12</div> <div>Hot Dog</div> <div>Garden Salad w/Bread</div> <div>Kickin' Pinto Bean</div> <div>Cucumber Coin</div> <div>Diced Peaches or Apple Slices</div> <div>Assorted Juice Box</div>	<div>Bacon Cheeseburger 13</div> <div>Grilled Cheese</div> <div>Make Your Own Bagel Pizza</div> <div>Chef's Choice Fries</div> <div>Celery Sticks</div> <div>Applesauce or Pear</div> <div>Assorted Juice Box</div>	<div>Choice of Pizza* 14</div> <div>Spicy Chicken Patty Sandwich</div> <div>Peach Parfait</div> <div>Spinach Salad</div> <div>Fresh Baby Carrots</div> <div>Diced Pineapple or Apple</div> <div>Assorted Juice Box</div>
<div>NO SCHOOL 17</div>	<div>Beef Totcho Bowl 18</div> <div>Chicken Tenders w/Pretzel Rod</div> <div>Make Your Own Flatbread Pizza</div> <div>Steamed Corn</div> <div>Red Pepper Strips</div> <div>Diced Pears or Banana</div> <div>Assorted Juice Box</div>	<div>Grilled Cheese 19</div> <div>Thai Chicken Bowl</div> <div>Turkey & Cheese Sub</div> <div>Steamed Vegetable Blend</div> <div>Celery Sticks</div> <div>Diced Peaches or Apple Slices</div> <div>Assorted Juice Box</div>	<div>Pancakes w/Turkey Links 20</div> <div>Cheeseburger</div> <div>Sun Butter & Jelly Sandwich</div> <div>Chef's Choice Fries</div> <div>Vegetable Juice</div> <div>Applesauce or Pear</div> <div>Assorted Juice Box</div>	<div>Choice of Pizza* 21</div> <div>Chicken Patty Slider</div> <div>Pretzel, String Cheese, Yogurt Pack</div> <div>Fresh Baby Carrot</div> <div>Cucumber Coin</div> <div>Diced Pineapple or Apple</div> <div>Assorted Juice Box</div>
<div>Grilled Cheese 24</div> <div>Mac & Cheese w/Mini Corn Dog</div> <div>Turkey & Cheese Sub</div> <div>Chef's Choice Fries</div> <div>Red Pepper Strip</div> <div>Mixed Fruit Cup or Orange</div> <div>Assorted Juice Box</div>	<div>Beef Nachos 25</div> <div>Chicken Tenders w/Pretzel Rod</div> <div>Make Your own Flatbread Pizza</div> <div>Steamed Corn</div> <div>Fresh Broccoli</div> <div>Diced Pears or Banana</div> <div>Assorted Juice Box</div>	<div>Atomic Chicken Patty Sandwich 26</div> <div>Cheese Bosco Sticks</div> <div>Blueberry Parfait w/Graham Cracker</div> <div>Vegetarian Beans</div> <div>Celery Sticks</div> <div>Diced Peaches or Apple Slices</div> <div>Assorted Juice Box</div>	<div>Waffle w/Chicken Sausage 27</div> <div>Corn Dog on a Stick w/Goldfish</div> <div>Muffin, String Cheese, Yogurt Pack</div> <div>Tater Tots</div> <div>Cucumber Coins</div> <div>Applesauce or Pear</div> <div>Assorted Juice Box</div>	<div>Choice of Pizza* 28</div> <div>Cheeseburger</div> <div>Sun Butter & Jelly Sandwich</div> <div>Mashed Potatoes</div> <div>Baby Carrots</div> <div>Diced Pineapple or Apple</div> <div>Assorted Juice Box</div>

TOASTY TONES

While not as colorful as the rest of the food rainbow, brown produce provides invaluable health benefits. Ranging from tan to deep brown in color, these hearty seeds, beans, roots, and grains are high in fiber and antioxidants, which help protect the body against digestive and heart issues. This family of foods includes most whole grains like wheat, brown rice, quinoa, and oats, as well as nuts, coffee, tea, and dark chocolate.

DISCOVER: DATES

Best not be late when the menu calls for dates! In season October through January, dates are a delicious snack or baking addition packed with fiber, calcium, and iron.



ALMONDS: Bursting with, fiber, magnesium, & vitamin E

Peak Season: Aug.-Oct.

BROWN PEAR: Hearty dose of vitamin C, fiber, and copper

Peak Season: Sep.-Apr.



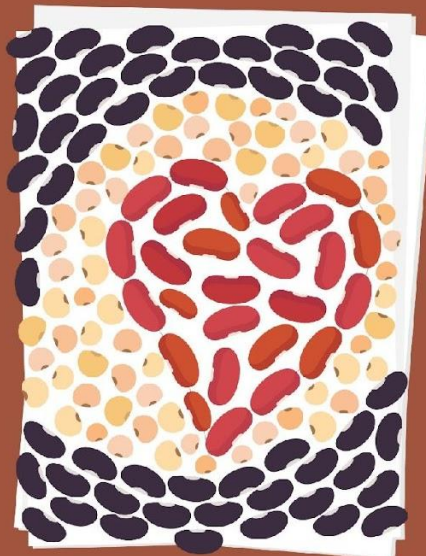
QUINOA: Brimming with fiber, protein, & quercetin

Peak Season: Sep.-Nov.

CHALLENGE OF THE MONTH: BEAN MOSAICS

Mosaics are about using small objects to make a bigger picture. First decide what you want to depict and draw a rough outline on your background. Then paint glue over a small area at a time and place the beans in the glue to make your masterpiece.

You'll need: glue, paintbrush, cardboard, pencils, and a variety of dry beans and seeds



ACE'S
RECIPE OF THE
MONTH:

HEALTHY-YET-DELICIOUS BROWNIES*

Serves 16

INGREDIENTS:

- 15 fresh medjool dates
- 3/4 cup cacao powder
- 2 free-ranged eggs
- 1/3 cup cold-pressed coconut oil (melted)
- 1/2 to 1 teaspoon cinnamon
- 1 teaspoon pure vanilla extract
- 1 pinch of sea salt

PREPARATION:

1. Preheat the oven to 360° Fahrenheit.
2. Pour boiling water into a large bowl, carefully place a smaller bowl into the water, and then add the coconut oil into the small bowl to melt.
3. Pit the dates, soak them in warm water for 5-10 minutes, then remove from water.
4. Blend the dates, coconut oil, eggs, and cacao powder together in a blender until smooth.
5. Grease a baking dish with extra coconut oil and pour the brownie batter in.
6. Bake for 20-25 minutes (depending on thickness).
7. Once cooked, remove from oven, let them cool, sprinkle with extra cacao powder, cut into squares, and enjoy!

***DO NOT attempt to cook, bake, or blend without adult supervision.**