

FEBRUARY 2026 Bond



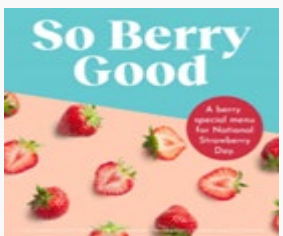
More Info...

- All breads are whole grain
- All juice is 100% fruit juice
- Fresh fruits and vegetables served daily
- White or chocolate milk offered each meal



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>Chocolate Chip Breakfast Round Assorted Cereal</u></p> <p>A. Bosco Sticks B. Hamburger C. Sun Butter & Jelly</p>	<p>3</p> <p><u>Vanilla Confetti Snack'n Assorted Cereal</u></p> <p>A. Beef Nachos B. Chicken Tenders C. Turkey & Cheese Sub</p>	<p>4</p> <p><u>Trix French Toast Assorted Cereal</u></p> <p>A. Popcorn Chicken Potato Bowl B. Hot Dog C. Sun Butter & Jelly</p>	<p>5</p> <p><u>Lumberjack Assorted Cereal</u></p> <p>A. Glazed Donut w/ Cheese Omelet B. Chicken Nuggets C. Italian Salad</p>	<p>6</p> <p><u>Cinnamon Bun Crackers Assorted Cereal</u></p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly</p>
<p>9</p> <p><u>Nutri-Grain Bar Assorted Cereal</u></p> <p>A. Meatball Sub B. Mini Corn Dog C. Sun Butter & Jelly</p>	<p>10</p> <p><u>Sausage, Egg & Cheese Breakfast Burrito Assorted Cereal</u></p> <p>A. Horseshoe B. Hot Dog C. Turkey & Cheese Sub</p>	<p>11</p> <p><u>Mini Strawberry Cream Cheese Bagel Assorted Cereal</u></p> <p>A. Honey Stung Popcorn Chicken w/ Biscuit B. Chicken Patty Sandwich C. Sun Butter & Jelly</p>	<p>12</p> <p><u>Cinnamon Toast Crunch Cereal Bar Assorted Cereal</u></p> <p>A. Pancakes w/ Cheese Omelet B. BBQ Rib C. Taco Salad</p>	<p>13</p> <p><u>Cinnamon Breakfast Bun Assorted Cereal</u></p> <p></p>
<p>16</p> <p></p>	<p>17</p> <p><u>Cheese Bosco Breadstick Assorted Cereal</u></p> <p>A. Chicken Patty Sandwich B. Cheese Pizzadilla C. Ham & Cheese Sandwich</p>	<p>18</p> <p><u>Mini Confetti Pancakes Assorted Cereal</u></p> <p>A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Sun Butter & Jelly</p>	<p>19</p> <p><u>Pop-Tart Assorted Cereal</u></p> <p>A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad</p>	<p>20</p> <p><u>Pumpkin Breakfast Bread Assorted Cereal</u></p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly</p>
<p>23</p> <p><u>Pop-Tart Assorted Cereal</u></p> <p>A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Sun Butter & Jelly</p>	<p>24</p> <p><u>Mini Cinnamon Rolls Assorted Cereal</u></p> <p>A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub</p>	<p>25</p> <p><u>Oatmeal Chocolate Chip Bar Assorted Cereal</u></p> <p>A. Chicken Tenders w/ Fresh Garlic Stick & Ranch Pizza Sauce B. Cheese Quesadilla C. Sun Butter & Jelly</p>	<p>26</p> <p><u>Yogurt w/ Giant Vanilla Goldfish Graham Assorted Cereal</u></p> <p>A. Lumberjack B. Grilled Cheese C. Ham Chef Salad</p>	<p>27</p> <p><u>Strawberry Cream Cheese Bagel Assorted Cereal</u></p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly National Strawberry Day</p>
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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.**