

JANUARY 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <i>Happy New Year</i>	2
5 	6 <u>Sausage, Egg & Cheese Breakfast Burrito</u> <u>Assorted Cereal</u> A. Horseshoe B. Hot Dog C. Turkey & Cheese Sub	7 <u>Mini Strawberry Cream Cheese Bagel</u> <u>Assorted Cereal</u> A. Honey Stung Popcorn Chicken w/ Biscuit B. Chicken Patty Sandwich C. Sun Butter & Jelly	8 <u>Cinnamon Toast Crunch Cereal Bar</u> <u>Assorted Cereal</u> A. Pancakes w/ Cheese Omelet B. BBQ Rib C. Sun Butter & Jelly	9 <u>Cinnamon Breakfast Bun</u> <u>Assorted Cereal</u> A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
12 <u>Oatmeal Chocolate Chip Bar</u> <u>Assorted Cereal</u> A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Sun Butter & Jelly	13 <u>Cheese Bosco Breadstick</u> <u>Assorted Cereal</u> A. Chicken Patty Sandwich B. Cheese Pizzadilla C. Ham & Cheese Sandwich	14 <u>Mini Confetti Pancakes</u> <u>Assorted Cereal</u> A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Sun Butter & Jelly	15 <u>Pop-Tart</u> <u>Assorted Cereal</u> A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad	16 <u>Pumpkin Breakfast Bread</u> <u>Assorted Cereal</u> A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
19 	20 <u>Mini Cinnamon Rolls</u> <u>Assorted Cereal</u> A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub	21 <u>Oatmeal Chocolate Chip Bar</u> <u>Assorted Cereal</u> A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Sun Butter & Jelly	22 <u>Yogurt w/ Giant Vanilla Goldfish Graham</u> <u>Assorted Cereal</u> A. Lumberjack B. Grilled Cheese C. Ham Chef Salad	23 <u>Wild Blueberry Snack n Waffles</u> <u>Assorted Cereal</u> A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter & Jelly
26 <u>Yogurt w/ Animal Crackers</u> <u>Assorted Cereal</u> A. Italian Dunkers B. Popcorn Chicken C. Sun Butter & Jelly	27 <u>Mini Cinnamon Cream Cheese Bagel</u> <u>Assorted Cereal</u> A. Salisbury Steak B. Hot Dog C. Ham & Cheese Sub	28 <u>Donut Holes</u> <u>Assorted Cereal</u> A. Chicken Patty Sandwich B. Cheeseburger C. Sun Butter & Jelly	29 <u>Apple Frudel</u> <u>Assorted Cereal</u> A. French Toast Sticks w/ Sausage Link B. Bean & Cheese Burrito C. Popcorn Chicken Salad	30 <u>Banana Chocolate Bar</u> <u>Assorted Cereal</u> A. Pepperoni Pizza B. Cheese Pizza B. Sun Butter & Jelly

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?



1. SELFISH SHELLFISH

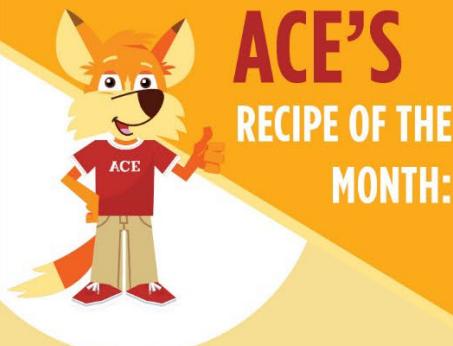


2. FRESHLY FRIED FLYING FISH

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:

1. Using a hand or standing mixer, mix the bananas, peanut butter, honey, cinnamon, and vanilla extract until very smooth.
2. Add oats and almonds and mix until combined.
3. Evenly spread and flatten onto a parchment-covered baking dish (about 9x9 inches).
4. Bake at 350 degrees for 30 minutes, or until golden brown on edges.
5. Allow to cool completely before cutting bars.
6. 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.**