

# FEBRUARY 2026 Gregory



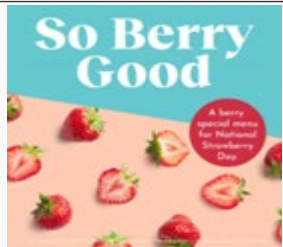
## More Info...

- 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><b><u>Pancakes w/ Egg Patty</u></b></p> <p>A. Bosco Sticks B. Hamburger C. Diced Chicken Salad D. Sun Butter &amp; Jelly</p>	<p>3</p> <p><b><u>Breakfast Pizza</u></b></p> <p>A. Beef Nachos B. Chicken Tenders C. Ham &amp; Cheese Sub D. Sun Butter &amp; Jelly</p>	<p>4</p> <p><b><u>Breakfast Burrito</u></b></p> <p>A. Popcorn Chicken Potato Bowl B. BBQ Rib C. Pizza Flatbread Aceable D. Sun Butter &amp; Jelly</p>	<p>5</p> <p><b><u>Breakfast Sandwich</u></b></p> <p>A. Donut w/ Cheese Omelet B. Chicken Nuggets C. Italian Salad D. Sun Butter &amp; Jelly</p>	<p>6</p> <p><b><u>Donut</u></b></p> <p>A. Cheese Pizza B. Pepperoni Pizza C. Turkey &amp; Cheese Sandwich D. Sun Butter &amp; Jelly</p>
<p>9</p> <p><b><u>Waffles w/ Sausage Patty</u></b></p> <p>A. Mini Corn Dogs B. Meatball Sub C. Chicken &amp; Cheese Salad D. Sun Butter &amp; Jelly</p>	<p>10</p> <p><b><u>Breakfast Pizza</u></b></p> <p>A. Horseshoe B. Cheese Quesadilla C. Ham &amp; Cheese Sandwich D. Sun Butter &amp; Jelly</p>	<p>11</p> <p><b><u>Breakfast Burrito</u></b></p> <p>A. Honey Stung Popcorn Chicken w/ Biscuit B. Hot Dog C. Pretzel, Yogurt &amp; Cheese Pack D. Sun Butter &amp; Jelly</p>	<p>12</p> <p><b><u>Breakfast Sandwich</u></b></p> <p>A. Pancakes w/ Cheese Omelet B. Chicken Patty Sandwich C. Taco Salad D. Sun Butter &amp; Jelly</p>	<p>13</p> <p><b><u>Donut</u></b></p> 
<p>16</p> 	<p>17</p> <p><b><u>Breakfast Pizza</u></b></p> <p>A. Chicken Patty Sandwich B. Cheese Pizzadilla C. Ham &amp; Cheese Sandwich D. Sun Butter &amp; Jelly</p>	<p>18</p> <p><b><u>Breakfast Burrito</u></b></p> <p>A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Pizza Bagel Aceable D. Sun Butter &amp; Jelly</p>	<p>19</p> <p><b><u>Breakfast Sandwich</u></b></p> <p>A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad D. Sun Butter &amp; Jelly</p>	<p>20</p> <p><b><u>Donut</u></b></p> <p>A. Cheese Pizza B. Pepperoni Pizza C. Ham &amp; Cheese Sandwich D. Sun Butter &amp; Jelly</p>
<p>23</p> <p><b><u>Biscuit w/ Sausage Gravy</u></b></p> <p>A. Mini Corn Dogs w/ Macaroni &amp; Cheese B. Chicken Nuggets C. Ham Chef Salad D. Sun Butter &amp; Jelly</p>	<p>24</p> <p><b><u>Breakfast Pizza</u></b></p> <p>A. Walking Taco B. Bean &amp; Cheese Burrito C. Turkey &amp; Cheese Sub D. Sun Butter &amp; Jelly</p>	<p>25</p> <p><b><u>Breakfast Burrito</u></b></p> <p>A. Chicken Tenders w/ Fresh Garlic Stick &amp; Ranch Pizza Sauce B. Cheese Quesadilla C. Pretzel, Yogurt &amp; Cheese Pack D. Sun Butter &amp; Jelly</p>	<p>26</p> <p><b><u>Breakfast Sandwich</u></b></p> <p>A. Lumberjack B. Grilled Cheese C. Turkey Chef Salad D. Sun Butter &amp; Jelly</p>	<p>27</p> <p><b><u>Strawberry Cream Cheese Bagel Donut</u></b></p> <p>A. Cheese Pizza B. Pepperoni Pizza C. Ham &amp; Cheese Sub D. Sun Butter &amp; Jelly</p> <p>National Strawberry Day</p>
				

# 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.**