

JANUARY 2023

MORE INFO.....

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

ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p>		 <p>3</p>	<p><u>Biscuits & Gravy</u> 4</p> <p>A. Nacho Cheese Walking Taco B. BBQ Bacon Cheddar Chicken Flatbread C. SBJ</p>	<p><u>Benefit Bar</u> 5</p> <p>A. Cheese Pizza B. Cheesy Penne Pasta C. SBJ</p>
<p><u>Breakfast Sandwich</u> 8</p> <p>A. Soft Tacos B. Cheeseburger C. SBJ</p>	<p><u>Frudal</u> 9</p> <p>A. Horseshoe B. Corn Dog C. SBJ</p>	<p><u>Benefit Bar</u> 10</p> <p>A. Lasagna w/Garlic Bread B. Chicken Patty Sandwich C. SBJ</p>	<p><u>Lumberjack</u> 11</p> <p>A. Bosco Sticks w/Sauce B. Protein Pack w/ Pretzel C. SBJ</p>	<p><u>Mini Cinni Bagel</u> 12</p> <p>A. Pepperoni Pizza B. Hot Dog C. SBJ</p>
 <p>15</p>	<p><u>Ham & Cheese Tot Bake</u> 16</p> <p>A. Chicken Sandwich w/Raider Sauce B. Cheeseburger C. SBJ</p>	<p><u>Breakfast Pizza</u> 17</p> <p>A. Broccoli & Cheese Baked Potato w/Roll B. Pretzel & Cheese w/String Cheese C. SBJ</p>	<p><u>Frudel</u> 18</p> <p>A. Waffle w/Sausage B. Ham & Cheese Sandwich C. SBJ</p>	<p><u>Donut</u> 19</p> <p>A. Cheese Pizza B. Chicken Nuggets C. SBJ</p>
<p><u>Lemon Bread</u> 22</p> <p>A. Salisbury Steak w/Mashed Potatoes & roll B. Chicken Tenders C. SBJ</p>	<p><u>Benefit Bar</u> 23</p> <p>A. Mini Corn Dogs B. BBQ McRib C. SBJ</p>	<p><u>Cinnamon Toast Crunch Pastry Bar</u> 24</p> <p>A. Enchilada Casserole B. Popcorn Chicken C. SBJ</p>	<p><u>Poptart w/Scooby Snacks</u> 25</p> <p>A. Egg & Cheese Omelet w/Glazed Donut B. Ham & Cheese Aceable C. SBJ</p>	<p><u>Mini Pancakes</u> 26</p> <p>A. Cheese Pizza B. Grilled Cheese w/Tomato Soup C. SBJ</p>
<p><u>Mini Cinni</u> 29</p> <p>A. Spaghetti & Meatballs B. Hot Dog C. SBJ</p> <p>Chicken Patty Sliders</p>	<p><u>Breakfast Pizza</u> 30</p> <p>A. Chicken Patty Sliders B. Ham & Cheese Melt C. SBJ</p>	<p><u>Donut</u> 31</p> <p>Early Dismissal Breakfast Only</p>		

Fruit/Vegetable

Milk

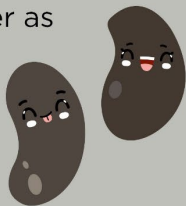
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DARK DELIGHTS

Foods that are black in color pack an abundance of flavor as well as anthocyanins and minerals. These minerals include iron, which helps red blood cells to deliver oxygen to other cells, and our body's most essential and abundant mineral, calcium. Examples of deeply achromatic produce include black-eyed peas, black rice, black sesame seeds, black pepper, black lentils, and black tea. As a general rule, the darker the color—the more antioxidants they contain!

DISCOVER: BLACK BEANS

Look out for the savory goodness of black beans this month. In season during the warmer months, these hearty legumes are packed with protein and fiber as well as key vitamins and minerals.



RAISINS: Hearty dose of fiber, iron, & antioxidants
Peak Season: Aug.–Oct.

BLACK QUINOA:

Bursting with protein, fiber, & quercetin
Peak Season: Oct.–Nov.



BLACK OLIVES: Packed with calcium, iron, & potassium
Peak Season: Sep.–Nov.

CHALLENGE OF THE MONTH: GROW YOUR OWN BEAN SPROUTS

With a plastic zip-top baggie, one paper towel, a bit of water, and a few bean seeds, you can grow your own bean sprouts!



STEP 1: Fold up your paper towel, dampen it with water, and slide it into your plastic baggie.

STEP 2: Grab a few dry beans from your pantry (like pinto, black, lentil, or navy beans).

STEP 3: Add 5-7 beans onto the damp paper towel in your plastic baggie and seal it up.

STEP 4: Lay the baggie of seeds flat and watch them grow for the next few weeks.



ACE'S RECIPE OF THE MONTH:

QUINOA BLACK BEAN BURGERS*

Serves 5

INGREDIENTS:

- 1 (15 oz) can of black beans, rinsed and drained
- 1/4 cup of quinoa
- 1/2 cup of water
- 1/2 cup of bread crumbs
- 1/4 cup of minced bell peppers
- 2 tablespoons of minced onion
- 1 1/2 teaspoons of minced garlic
- 1 1/2 teaspoons of ground cumin
- 1/2 teaspoon of salt
- 1 teaspoon of hot pepper sauce (like Frank's Red Hot)
- 1 egg
- A drizzle of olive oil for pan

PREPARATION:

1. Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.
2. Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
3. Mix the quinoa, bread crumbs, bell pepper, onion, garlic, cumin, salt, hot pepper sauce, and egg into the black beans using your hands and form 5 patties.
4. Bake them at 375°F on a lightly oiled baking sheet, for 10 minutes on each side.

***DO NOT attempt to chop or cook without adult supervision.**