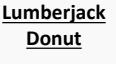


# JANUARY 2026 Gregory

## 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 
5 	6 <u>Breakfast Pizza</u> A. Horseshoe B. Cheese Quesadilla C. Ham & Cheese Sandwich D. Sun Butter & Jelly	7 <u>Breakfast Burrito</u> A. Honey Stung Popcorn Chicken w/ Biscuit B. Hot Dog C. Ham & Cheese Sub D. Sun Butter & Jelly	8 <u>Breakfast Sandwich</u> A. Pancakes w/ Cheese Omelet B. Chicken Patty Sandwich C. Turkey & Cheese Sandwich D. Sun Butter & Jelly	9 <u>Lumberjack Donut</u> A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
12 <u>Bosco Cheese Stick</u> A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Ham & Cheese Sandwich D. Sun Butter & Jelly	13 <u>Breakfast Pizza</u> A. Chicken Patty Sandwich B. Cheese Pizzadilla C. Popcorn Chicken Salad D. Sun Butter & Jelly	14 <u>Breakfast Burrito</u> A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Pizza Bagel Aceable D. Sun Butter & Jelly	15 <u>Breakfast Sandwich</u> A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad D. Sun Butter & Jelly	16 <u>Lumberjack Donut</u> A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
19 	20 <u>Breakfast Pizza</u> A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub D. Sun Butter & Jelly	21 <u>Breakfast Burrito</u> A. Chicken Tenders w/ Fresh Garlic Knot & Ranch Pizza Sauce B. Cheese Quesadilla C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly	22 <u>Breakfast Sandwich</u> A. Lumberjack B. Grilled Cheese C. Turkey Chef Salad D. Sun Butter & Jelly	23 <u>Donut</u> A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sub D. Sun Butter & Jelly
26 <u>French Toast Sticks w/ Egg Patty</u> A. Italian Dunkers B. Popcorn Chicken C. Egg Chef Salad D. Sun Butter & Jelly	27 <u>Breakfast Pizza</u> A. Salisbury Steak B. Hot Dog C. Ham & Cheese Sandwich D. Sun Butter & Jelly	28 <u>Breakfast Burrito</u> A. Chicken Patty Sandwich B. Cheeseburger C. Apple, Yogurt & Cheese Pack D. Sun Butter & Jelly	29 <u>Breakfast Sandwich</u> A. French Toast Sticks w/ Sausage Link B. Bean & Cheese Burrito C. Popcorn Chicken Salad D. Sun Butter & Jelly	30 <u>Lumberjack Donut</u> A. Cheese Pizza B. Pepperoni Pizza B. Turkey & Cheese Sandwich D. 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

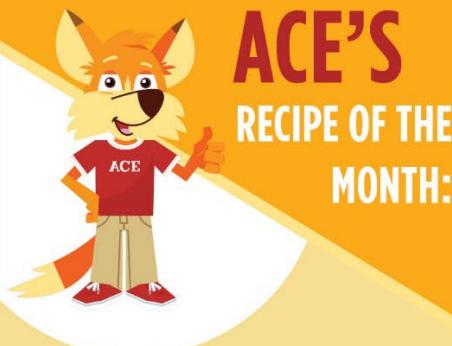


2. FRESHLY FRIED FLYING FISH

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.**