



# FEBRUARY 2025 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



Menus subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Pop Tart w/ String Cheese</b> 3</p> <p>A. Tater Tot Nachos B. Pizza Aceable C. Sun Butter &amp; Jelly SDW</p> <p><b>National Tater Tot Day</b></p>	<p><b>Lemon Bread</b> 4</p> <p>A. Bosco Cheese Sticks w/ Pizza Dunking Sauce B. Hot Dog C. Sun Butter &amp; Jelly SDW</p>	<p>February 26<sup>th</sup> National Chili Day</p>  <p><b>Yogurt w/ Crackers</b> 5</p> <p>A. Spaghetti w/ Beef Sauce B. Chicken Nuggets C. Sun Butter &amp; Jelly SDW</p>	<p>Enjoy a strawberry milk with a school lunch on National Strawberry Day. 27<sup>th</sup></p>  <p><b>Trix French Toast</b> 6</p> <p>A. Waffles &amp; Sausage B. Mini Corn Dogs C. Sun Butter &amp; Jelly SDW</p>	<p><b>Lumberjack</b> 7</p> <p>A. Pepperoni Pizza B. Ham Chef Salad C. Sun Butter &amp; Jelly SDW</p>
<p><b>Strawberry Pop-Tart w/ Tiger Bites</b> 10</p> <p>A. Mc. Ribb B. Bosco Sticks C. Sun Butter &amp; Jelly SDW</p>	<p><b>Mini Strawberry Cream Cheese Bagel</b> 11</p> <p>A. Vegetable Soup B. Grilled Cheese C. Sun Butter &amp; Jelly SDW</p>	<p><b>Caramel Cinn Mini</b> 12</p> <p>A. Horseshoe B. Popcorn Chicken C. Sun Butter &amp; Jelly SDW</p>	<p><b>Mini Blueberry Waffles</b> 13</p> <p>A. Lumberjack B. Bean &amp; Cheese Burrito C. Sun Butter &amp; Jelly SDW</p>	<p><b>Cherry Frudel</b> 14</p> 
 <p><b>Breakfast Pizza</b> 18</p> <p>A. Chicken Tenders B. Cheeseburger C. Sun Butter &amp; Jelly SDW</p>	<p><b>Breakfast Pizza</b> 18</p> <p>A. Chicken Tenders B. Cheeseburger C. Sun Butter &amp; Jelly SDW</p>	<p><b>Lumberjack</b> 19</p> <p>A. Chicken &amp; Noodles B. Turkey Chef Salad C. Sun Butter &amp; Jelly SDW</p>	<p><b>Apple Frudel</b> 20</p> <p>A. French Toast Sticks w/ Sausage Patty B. Ham &amp; Cheese Aceable C. Sun Butter &amp; Jelly SDW</p>	<p><b>Pop Tart w/ String Cheese</b> 21</p> <p>A. Cheese Pizza B. Taco Salad C. Sun Butter &amp; Jelly SDW</p>
<p><b>Pumpkin Bread</b> 24</p> <p>A. Mini Corn Dogs B. Chicken Patty SDW C. Sun Butter &amp; Jelly SDW</p>	<p><b>Mini Maple Pancakes</b> 25</p> <p>A. Beef Nachos B. Diced Chicken &amp; Cheese Salad C. Sun Butter &amp; Jelly SDW</p>	<p><b>Pop Tart w/ Crackers</b> 26</p> <p>A. Chili Cheese Dog B. Mc. Ribb C. Sun Butter &amp; Jelly SDW</p> <p><b>National Chili Day</b></p>	<p><b>Lumberjack</b> 27</p> <p>A. Pancakes w/ Cheese Omelet B. Cheeseburger C. Sun Butter &amp; Jelly SDW</p> <p><b>National Strawberry Day</b></p>	<p><b>Pancake Bites</b> 28</p> <p>A. Pepperoni Pizza B. Chicken &amp; Cheese Salad C. Sun Butter &amp; Jelly SDW</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.

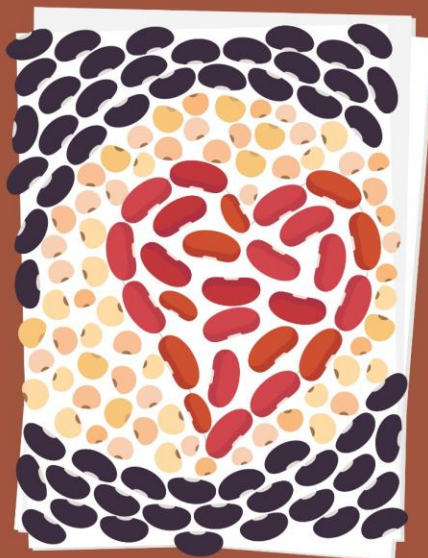


**QUINOA:** Brimming with fiber, protein, & quercetin  
Peak Season: Sep.-Nov.

## 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.**