



FEBRUARY 2025 – 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>Join us for this month's celebration...</p>	<p>February 26th National Chili Day</p>	<p>February 27th National Strawberry Day</p> <p>Strawberry Milk will be served as an option with school lunch on February 27th.</p>	
<p>3</p> <p>Banana Benefit Bar A. Tater Tot Nachos B. Pizza Aceable C. Sun Butter & Jelly SDW</p> <p>National Tater Tot Day</p>	<p>4</p> <p>Lemon Bread A. Bosco Cheese Sticks w/ Pizza Dunking Sauce B. Hot Dog C. Sun Butter & Jelly SDW</p>	<p>5</p> <p>Homemade Breakfast Pizza A. Spaghetti w/ Beef Sauce B. Chicken Nuggets C. Sun Butter & Jelly SDW</p>	<p>6</p> <p>Trix French Toast A. Waffles & Sausage B. Mini Corn Dogs C. Sun Butter & Jelly SDW</p>	<p>7</p> <p>Fresh Glazed Donut A. Pepperoni Pizza B. Ham Chef Salad C. Sun Butter & Jelly SDW</p>
<p>10</p> <p>Strawberry Pop-Tart w/ Tiger Bites A. BBQ Rib B. Bosco Sticks C. Sun Butter & Jelly SDW</p>	<p>11</p> <p>Mini Strawberry Cream Cheese Bagel A. Vegetable Soup B. Grilled Cheese C. Sun Butter & Jelly SDW</p>	<p>12</p> <p>Homemade Breakfast Pizza A. Horseshoe B. Popcorn Chicken C. Sun Butter & Jelly SDW</p>	<p>13</p> <p>Mini Blueberry Waffles A. Lumberjack B. Bean & Cheese Burrito C. Sun Butter & Jelly SDW</p>	<p>14</p> <p>Fresh Glazed Donut</p>
<p>17</p>	<p>18</p> <p>Mini Caramel Cinnis A. Chicken Tenders B. Cheeseburger C. Sun Butter & Jelly SDW</p>	<p>19</p> <p>Homemade Breakfast Pizza A. Chicken & Noodles B. Turkey Chef Salad C. Sun Butter & Jelly SDW</p>	<p>20</p> <p>Apple Frudel A. French Toast Sticks w/ Sausage Patty B. Ham & Cheese Aceable C. Sun Butter & Jelly SDW</p>	<p>21</p> <p>Fresh Glazed Donut A. Cheese Pizza B. Taco Salad C. Sun Butter & Jelly SDW</p>
<p>24</p> <p>Pumpkin Bread A. Mini Corn Dogs B. Chicken Patty SDW C. Sun Butter & Jelly SDW</p>	<p>25</p> <p>Mini Maple Pancakes A. Beef Nachos B. Diced Chicken & Cheese Salad C. Sun Butter & Jelly SDW</p>	<p>26</p> <p>Homemade Breakfast Pizza A. Chili Cheese Dog B. BBQ Rib C. Sun Butter & Jelly SDW</p> <p>National Chili Day</p>	<p>27</p> <p>Lumberjack A. Pancakes w/ Cheese Omelet B. Cheeseburger C. Sun Butter & Jelly SDW</p> <p>It's National Strawberry Day. Enjoy a Strawberry Milk with a school lunch!</p>	<p>28</p> <p>Fresh Glazed Donut A. Pepperoni Pizza B. Popcorn Chicken Salad C. Sun Butter & 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.



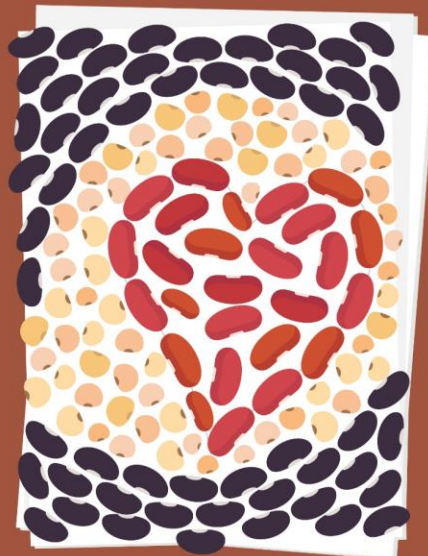
QUINOA: Brimming with fiber, protein, & quercetin

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.**