

FEBRUARY 2024

ES LUNCH MENU

Daily Juice & Milk Options:

100% FRUIT JUICES: Grape, Apple, Orange, Fruit Punch

MILK: 1% White, Skim Chocolate

Daily Fruit & Cold Veg Options *

Monday - Apple slices, Baby carrots

Tuesday - Mixed Fruit, Sliced cucumbers

Wednesday - Applesauce, Celery Sticks

Thursday - Diced Pears, Baby carrots

Friday - Strawberry cup, Broccoli

*Subject to change

Elementary Lunch Price: \$2.85

Meals Served Daily:

- Pretzel Pack (WG pretzel, String cheese, Yogurt)
- Sunbutter & Jelly Sandwich
- Assorted Subs/Wraps (with or without meat)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Popcorn Chicken Fish Sticks Baked Fries Apple, Yogurt & Cheese Plate	30 Penne Alfredo with Chicken Green Beans Apple, Yogurt, & Cheese Plate	31 Cheese or Pepperoni Pizza Mixed Veggies Apple, Yogurt & Cheese Plate	1 Chocolate Waffles Turkey or Veggie Sausage Tater Tots Apple, Yogurt & Cheese Plate	2 Cheeseburger Veggie Burger Broccoli Apple, Yogurt & Cheese Plate
5 Chicken Patty Sandwich Hot Dog Broccoli Egg Chef Salad	6 Beef or Cheese Quesadilla Black Beans Egg Chef Salad	7 Cheese or Pepperoni Pizza Green Beans Egg Chef Salad	8 Pancake Turkey or Veggie Sausage Potato Smiles Egg Chef Salad	9 Grilled Cheese & Tomato Soup Ham & Cheese Hoagie Rainbow Veggies Egg Chef Salad
12 Chicken Bacon Flatbread Pizza Max Sticks Baked Fries Nacho Bean Salad	13 Pulled Pork Sandwich Penne Marinara Pinto Beans Nacho Bean Salad	14 Cheese or Pepperoni Pizza Green Beans Nacho Bean Salad <i>Valentine's Day Treat</i>	15 French Toast Turkey or Veggie Sausage Tater Tots Nacho Bean Salad	16 Half Day No Lunch
19  PRESIDENTS DAY	20 Walking Tacos Cheese Quesadilla Vegetarian Beans Romaine & Cheese Salad	21 Cheese or Pepperoni Pizza Green Beans Romaine & Cheese Salad	22 Turkey Sausage Pancake Wrap Potato Smiles Romaine & Cheese Salad	23 Popcorn Chicken Mac & Cheese Mixed Veggies Romaine & Cheese Salad
26 Meatball Sub Pizza Crunchers Corn Popcorn Chicken Salad	27 Chicken Tenders Veggie Nuggets Potato Wedges Popcorn Chicken Salad	28 Cheese or Pepperoni Pizza Peas Popcorn Chicken Salad	29 Waffles Turkey or Veggie Sausage Tater Tots Popcorn Chicken Salad	1 Ham & Cheese or Cheese Pretzel Melt Green Beans Popcorn Chicken Salad

SEPIA SAVORIES

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: QUINOA & WHOLE GRAINS

Look out for a hearty helping of quinoa as well as whole grains this month. In season during the fall, these nourishing grains are brimming with protein and fiber as well as quercetin.



CACAO BEANS: Tons of antioxidants, iron, & calcium
Peak Season: Oct.-Mar.

PORTOBELLO MUSHROOMS:

Hearty dose of potassium, copper, & vitamin B6
Peak Season: Sep.-Oct.



HAZELNUTS: Bursting with protein, fiber, & minerals
Peak Season: Sep.-Oct.

CHALLENGE OF THE MONTH: PINE CONE BIRD FEEDER

Find some fresh pine cones and bake them in the oven on 225°F for 20 minutes to make them safe to use*. Then tie a pipe cleaner or some string to the top of the cone so that you can attach it to a tree or bush outside. Next, spread peanut butter all over the pine cone and roll it in a plateful of bird seed. Lastly, hang your pine cone bird feeder higher up on a bush or tree and watch the birds enjoy your treat.



ACE'S RECIPE OF THE MONTH:

CHEWY APPLE OAT BARS*

Serves 10



INGREDIENTS:

- 1 1/2 cups of rolled oats
- 2 tablespoons of flaxseed or chia seed
- 1/2 teaspoon of ground cinnamon
- 2 tablespoons of melted margarine
- 3/4 cup of applesauce
- 2 tablespoons of honey
- 3/4 cup of dried apple or cranberry



PREPARATION:

1. Preheat the oven to 400°F.
2. In a bowl, mix together the rolled oats, seeds, and cinnamon.
3. Add the remaining ingredients and mix until well combined.
4. Line a 6" x 8" tray with parchment paper and pour the mixture in, using the back of a spoon to flatten the mixture into an even layer.
5. Bake for 25-30 minutes or until golden and firm to the touch. Cooking time may vary depending on your oven.
6. Cut into 10 bar-sized portions and enjoy!

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