

# JANUARY 2024

## Lunch Menu

### Daily Fruit & Cold Veg Options \*:

**Monday-** Apple Slices, Baby Carrots

**Tuesday-** Grapes, Sliced Cucumber

**Wednesday-** Applesauce, Celery Sticks

**Thursday-** Banana, Baby Carrots

**Friday-** Apple Slices, Broccoli

*\*Subject to change*

### Daily Juice & Milk Options:

- All 100% fruit juices:

Grape, Apple, Orange, Fruit Punch

-1% White Milk & Skim Chocolate Milk

**Lunch Price \$2.85**

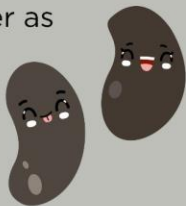
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 	<b>2</b> <b>Beef Nachos</b> <b>Mini Corn Dogs</b> <b>Roasted Carrots</b> <b>Egg Chef Salad</b>	<b>3</b> <b>Cheese or</b> <b>Pepperoni Pizza</b> <b>Peas</b> <b>Egg Chef Salad</b>	<b>4</b> <b>Turkey Sausage</b> <b>Pancake Wrap</b> <b>Tater Tots</b> <b>Egg Chef Salad</b>	<b>5</b> <b>Grilled Cheese &amp;</b> <b>Tomato Soup</b> <b>Turkey Hoagie</b> <b>Green Beans</b> <b>Egg Chef Salad</b>
<b>8</b> <b>Hot Dog</b> <b>Cheeseburger</b> <b>Baked Fries</b> <b>Nacho Bean Salad</b>	<b>9</b> <b>Chicken Quesadilla</b> <b>Chicken Tenders</b> <b>Black Beans</b> <b>Nacho Bean Salad</b>	<b>10</b> <b>Cheese or</b> <b>Pepperoni Pizza</b> <b>Broccoli</b> <b>Nacho Bean Salad</b>	<b>11</b> <b>Chicken &amp; Waffle</b> <b>Sandwich</b> <b>Chicken Patty Potato</b> <b>Smiles</b> <b>Nacho Bean Salad</b>	<b>12</b> <b>Mac &amp; Cheese</b> <b>Pulled Pork Sandwich</b> <b>Rainbow Veggies</b> <b>Nacho Bean Salad</b>
<b>15</b> 	<b>16</b> <b>Beef &amp; Bean Rice Bowl</b> <b>Chicken Nuggets</b> <b>Pinto Beans</b> <b>Romaine &amp; Cheese</b> <b>Salad</b>	<b>17</b> <b>Cheese &amp;</b> <b>Pepperoni Pizza</b> <b>Carrots</b> <b>Romaine &amp; Cheese</b> <b>Salad</b>	<b>18</b> <b>French Toast</b> <b>Turkey Sausage</b> <b>Veggie Sausage</b> <b>Tater Tots</b> <b>Romaine &amp; Cheese</b> <b>Salad</b>	<b>19</b> <b>Country Chicken Bowl</b> <b>With Mashed Potatoes</b> <b>Pizza Crunchers</b> <b>Corn</b> <b>Romaine &amp; Cheese</b> <b>Salad</b>
<b>22</b> <b>Chicken Tenders</b> <b>Pizza Max Sticks</b> <b>Baked Fries</b> <b>Popcorn Chicken</b> <b>Salad</b>	<b>23</b> <b>Pork Carnitas Tacos</b> <b>Cheese Quesadilla</b> <b>Green Beans</b> <b>Popcorn Chicken</b> <b>Salad</b>	<b>24</b> <b>Cheese &amp;</b> <b>Pepperoni Pizza</b> <b>Corn</b> <b>Popcorn Chicken</b> <b>Salad</b>	<b>25</b> <b>Pancake Bites</b> <b>Turkey Sausage</b> <b>Veggie Sausage</b> <b>Potato Smiles</b> <b>Popcorn Chicken</b> <b>Salad</b>	<b>26</b> <b>Ham &amp; Cheese Hoagie</b> <b>Chicken Patty</b> <b>Sandwich</b> <b>Roasted Carrots</b> <b>Popcorn Chicken</b> <b>Salad</b>
<b>29</b> <b>Popcorn Chicken</b> <b>Fish Sticks</b> <b>Baked Fries</b> <b>Apple, Yogurt &amp;</b> <b>Cheese Plate</b>	<b>30</b> <b>Penne Alfredo With</b> <b>Chicken</b> <b>Green Beans</b> <b>Apple, Yogurt &amp;</b> <b>Cheese Plate</b>	<b>31</b> <b>Cheese &amp;</b> <b>Pepperoni Pizza</b> <b>Mixed Veggies</b> <b>Apple, Yogurt &amp;</b> <b>Cheese Plate</b>	<b>Offered Daily:</b> - Pretzel Pack (WG pretzel string cheese & yogurt) - Sun butter & Jelly Sandwich - Deli Sandwiches (with or without meat)	

# 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:

- 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.
- Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
- 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.
- 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.**