

JANUARY 2022

Join us for Ace Giveaway
Day on Wednesday
January 12th!



ACE'S CORNER

Breakfast Prices **Lunch Prices**
Free **Free**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cocoa Puff Cereal & Cheez It Crackers Strawberry Applesauce</p> <p>03</p> <p>1. Salisbury Steak w/Gravy & Noodles 2. Bagel & Cheese Pack 3. Sunbutter & Jelly Sandwich Pepper strips, Baby Carrots, Mixed Fruit, Fruit Punch</p>	<p>Chocolate Chip Granola Bar w/String Cheese Craisins</p> <p>04</p> <p>1. Hot Dog 2. Bosco Sticks 3. Popcorn Chicken Salad Steamed Corn, Cucumber Slices, Diced Pears, Banana</p>	<p>Strawberry Pop Tart w/Cheddar Cubes Apple Slices</p> <p>05</p> <p>1. Yogurt Parfait w/Crackers & String Cheese 2. Ham & Cheese Melt 2. Chicken Ranch Wrap Steamed Carrots, Fresh Broccoli, Diced Peaches, Apricot Cup</p>	<p>Chocolate Chip Round Raisins</p> <p>06</p> <p>1. Popcorn Chicken & Pretzel Goldfish 2. Chicken Caesar Salad w/Roll 3. Turkey & Cheese Sandwich Baked Beans, Celery Sticks, Applesauce, Fruit Cup</p>	<p>Brownie Benefit Bar w/Pretzel Goldfish Fruit Juice</p> <p>07</p> <p>1. Cheese Pizza 2. Ham & Cheese Sandwich 3. Yogurt, Muffin & Cheese Pack Steamed Broccoli, Baby Carrots, Fruit Juice, Slushie Cup</p>
<p>Cocoa Puff Pastry Applesauce Cup</p> <p>10</p> <p>1. Chicken Drumstick w/Gravy & Roll 2. Ham & Cheese Wrap 3. Turkey Chef Salad w/Roll Mashed Potatoes, Baby Carrots, Mixed Fruit, Fresh Orange</p>	<p>Fruit Loop Cereal Pouch w/Crackers Orange Juice</p> <p>11</p> <p>1. Grilled Cheese w/Tomato Soup 2. Beef Nacho Salad 3. Turkey & Cheddar Sandwich Sweet Potato Fries, Fresh Broccoli, Diced Pears, Banana</p>	<p>Mini Cinnis Apple Slices</p> <p>12</p> <p>1. Sloppy Joe Sandwich 2. Popcorn Chicken Salad w/Roll 3. Ham & Cheese Sandwich Fresh Cauliflower, Grape Tomatoes, Diced Peaches, Apple</p>	<p>Apple Frudel Cinnamon Applesauce</p> <p>13</p> <p>1. Chicken Nuggets w/Pretzel Rod 2. Sunbutter & Jelly Wrap 3. Ham, Cheddar & Cracker Pack Steamed Peas, Celery Sticks, Applesauce, Cherry Star Juice</p>	<p>Blueberry Pop Tart w/Goldfish Crackers Dragon Punch</p> <p>14</p> <p>1. Pepperoni Pizza 2. Chicken Caesar Salad w/Roll 3. Yogurt, Muffin & Cheese Pack Steamed Broccoli, Cucumber Slices, Blueberries, Juice</p>
<p>No School</p> <p>17</p>	<p>No School</p> <p>18</p>	<p>Trix Cereal Bar w/ Scooby Crackers Apple Slices</p> <p>19</p> <p>1. Bosco Sticks w/Marinara 2. Cheese Ravioli w/Marinara 3. Turkey & Provolone Sub Steamed Carrots, Fresh Broccoli, Diced Peaches, Apple</p>	<p>Cinnamon Pop Tart w/String Cheese Strawberry Applesauce</p> <p>20</p> <p><1. Chicken Tenders w/Pretzel Rod 2. Italian Cheesy Bread 3. Ham, Cheese & Cracker Pack Baked Beans, Celery Sticks, Applesauce, Strawberry Cup</p>	<p>Breakfast Round Cherry Star Juice</p> <p>21</p> <p>1. Four Cheese Pizza 2. Sunbutter & Jelly Sandwich 3. Yogurt, Muffin & Cheese Pack Steamed Broccoli, Baby Carrots, Slushie Cup, Craisins</p>
<p>Strawberry Nutri Grain Bar w/ Bug Bite Crackers Mixed Berry Applesauce</p> <p>24</p> <p>1. Cheeseburger 2. BBQ Chicken Melt 3. Chicken Caesar Wrap Potato Smiles, Baby Carrots, Mixed Fruit, Grape Juice</p>	<p>Lucky Charms w/String Cheese Raisins</p> <p>25</p> <p>1. Confetti Pancakes & Sausage 2. Chicken Ranch Salad w/Roll 3. Turkey & Cheese Sandwich Steamed Corn, Fresh Broccoli, Diced Pears, Fresh Pear</p>	<p>Chocolate Chip Muffin w/ Cheese Cubes Apple Slices</p> <p>26</p> <p>1. Walking Taco 2. Ham & Cheese Sub 3. Yogurt & Cracker Pack Baby Carrots, Cucumber Slices, Diced Peaches, Apple</p>	<p>Fruity Cheerios w/Pretzel Goldfish Craisins</p> <p>27</p> <p>1. Chicken Nuggets w/Pretzel Rod 2. Southwest Cheesy Bread 3. Beef Nacho Salad w/Roll Steamed Peas, Celery Sticks, Applesauce, Strawberry Cup</p>	<p>Grape Crescent w/ Cheese Stick Apple Juice</p> <p>28</p> <p>1. Pepperoni Pizza 2. Chicken Caesar Salad w/Roll 3. Yogurt, Muffin & Cheese Pack Steamed Carrots, Cucumber Slices, Mixed Berries, Slushie Cup</p>
<p>Blueberry Nutri Grain Bar w/ Animal Crackers Applesauce</p> <p>31</p> <p>1. Bacon Cheeseburger 2. Ham & Turkey Chef Salad 3. Sunbutter & Jelly Wrap Potato Smiles, Baby Carrots, Mixed Fruit, Fresh Orange</p>				

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:

1. 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.
2. Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture.
3. 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.
4. 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.**