

# FEBRUARY 2023



**Pick 2** You can always **Pick 2** for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO\* of the following: **cereal**, **string cheese**, **toast** or **yogurt**.

\*No duplicates on cereal or yogurt

**ACE'S CORNER**

Breakfast Prices

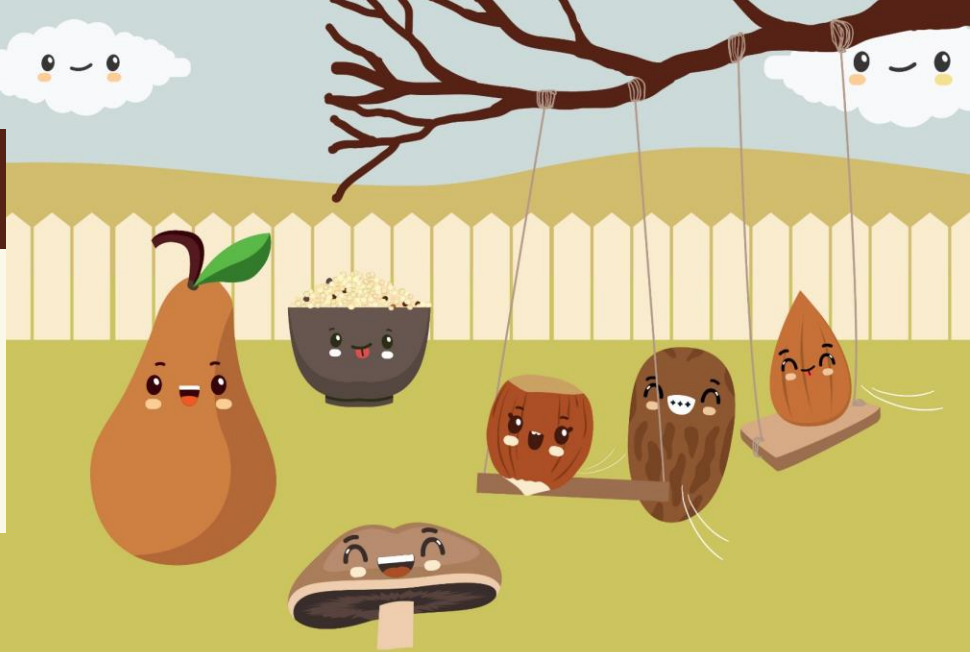
**Paid: \$1.50**

**Reduced: \$0.30**

Lunch Prices

**Paid: \$2.80**

**Reduced: \$0.40**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Jumbo Muffins <b>1</b>	Chocolate Crescents <b>2</b>	Jumbo Muffin <b>3</b>
		Cheezy Pull-Aparts w/Marinara Popcorn Chicken Salads California Blend Veggies Fresh Fruits and Veggies	Nachos Refried Beans Muffin Packs Fresh Fruits and Veggies	Bosco Sticks w/Marinara Sub Sandwich Steamed Broccoli Fresh Fruits and Veggies
Mini Waffles <b>6</b>	Cinnamon Roll <b>7</b>	Sausage & Cheese Biscuit <b>8</b>	Donut Holes <b>9</b>	Cinni Minis <b>10</b>
Bacon Cheeseburger Sub Sandwich Green Beans Fresh Fruits and Veggies	Chicken Patty on a Bun Muffin Pack Corn Fresh Fruits and Veggies	Chicken Tenders Popcorn Chicken Salad Glazed Carrots Fresh Fruits and Veggies	Mini Corn Dogs Muffin Packs Refried Beans Fresh Fruits and Veggies	Pepperoni Pizza Sub Sandwich Steamed Broccoli Fresh Fruits and Veggies
Breakfast Bagel <b>13</b>	Jumbo Muffins <b>14</b>	Sausage Pancake Stick <b>15</b>	Breakfast Bar <b>16</b>	Breakfast Pizza <b>17</b>
Hot Dogs Ham and Cheese Sub Baked Beans Fresh Fruits and Veggies	Meatballs Muffin Packs Mashed Potatoes Fresh Fruits and Veggies	Grilled Cheese Popcorn Chicken Salad Corn Fresh Fruits and Veggies	Chicken Nuggets Muffin Packs Green Beans Fresh Fruits and Veggies	Bosco Sticks w/Marinara Sub Sandwich Steamed Broccoli Fresh Fruits and Veggies
Chocolate Crescent Roll <b>20</b>	Cinnamon Roll <b>21</b>	Egg Biscuit <b>22</b>	Jumbo Muffin <b>23</b>	French Toast Minis <b>24</b>
Cheeseburger French Fried Smiles Ham and Cheese Sub Fresh Fruits and Veggies	Chicken Nuggets Corn Muffin Pack Fresh Fruits and Veggies	Cheezy Pull Aparts w/Marinara Steamed Broccoli Popcorn Chicken Salad Fresh Fruits and Veggies	Nachos Refried Beans Muffin Packs Fresh Fruits and Veggies	Cheese Pizza Sub Sandwich California Blend Veggies Fresh Fruits and Veggies
Sausage Pancake Stick <b>27</b>	Breakfast Bagel <b>28</b>			
Chicken Tenders with Roll All American Sub Sandwich Fresh Fruits and Veggies	Salisbury Steak with Roll Muffin Pack Mashed Potatoes Fresh Fruits and Veggies			

# 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.



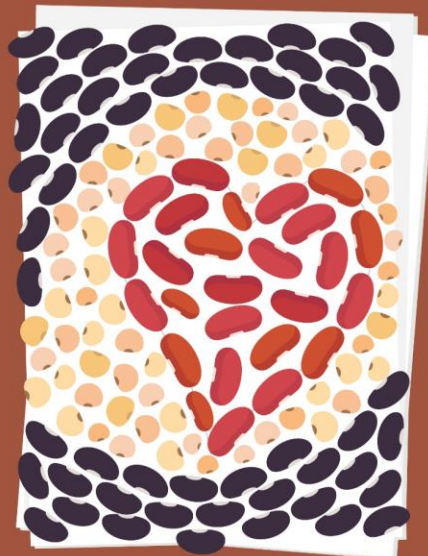
**QUINOA:** Brimming with fiber, protein, & quercetin

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.**