

JANUARY 2022

**ALL FIRST BREAKFAST AND LUNCH ARE
FREE**

Now Hiring!!

Food Service is Hiring!

Work While Kids are in School

Great Benefits

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ACE'S CORNER

All meals are served with a choice of 1% White or FF Chocolate Milk

Vegetarian entrees are written in green

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 NO SCHOOL	04 NO SCHOOL	05 NO SCHOOL	06 NO SCHOOL	07 NO SCHOOL
Strawberry Cream Cheese Bagel Fresh Banana and Juice 10 A- Beef Nachos B- Yogurt Muffin Snack Pack Chipotle Black Beans and Baby Carrots Fresh Fruit Assortment	Strawberry Pancakes Fresh Banana and Juice 11 A-Chicken Nuggets with Cinnamon Biscuit B- Hot Dog Steamed Broccoli and Cucumber Fresh Fruit Assortment	WG Muffin and String Cheese Applesauce and Juice 12 A-French Toast Sticks and Sausage B-MYO Pizza Pack with Pepperoni Hash Browns and Celery Fresh Fruit Assortment ACE Giveaway Day	Mini Cinnis Fresh Banana and Juice 13 A- Cheeseburger B- Grilled Cheese Fries and Baby Carrots Fresh Fruit Assortment	WG Donut Holes Craisins and Juice 14 A- Italian Cheese Pull Aparts B- Chicken Patty Sandwich Steamed Carrots and Fresh Celery Fresh Fruit Assortment
NO SCHOOL 17	French Toast Benefit Bar Fresh Apple and Juice 18 ½ Day	Cereal and Graham Cracker Applesauce and Juice 19 A- Beef Nachos B- Yogurt Muffin Snack Pack Chipotle Black Beans and Corn Salsa Fresh Fruit Assortment	WG Muffin with String Cheese Fresh Banana and Juice 20 A- Pizza Sticks with Marinara B- Taco Salad with Tortilla Chips Black Beans and Corn Salsa Fresh Banana	Ultimate Breakfast Round Craisins and Juice 21 A-Popcorn Chicken Bowl B-Yogurt Muffin Snack Pack Mashed Potatoes and Corn Fresh Fruit Assortment
Cinnamon Cream Cheese Bagel Fresh Orange and Juice 24 A-Cheeseburger B-Yogurt Muffin Snack Pack French Fries and Cucumbers Fresh Apple	Scooby Snacks and Yogurt Fresh Apple and Juice 25 A- Spaghetti and Meatballs B-Cheese Pizza Crunchers Spaghetti Squash and Baby Carrots Fresh Fruit Assortment Discovery Day! Spaghetti Squash	WG Banana Bread Applesauce and Juice 26 A-Chicken and Waffle Sandwich B-MYO Pizza Pack French Fries and Baby Carrots Fresh Grapes	Benefit Bar Fresh Banana and Juice 27 A- Cheese Quesadilla B- Corn Dog Black Beans and Corn Salsa Fresh Banana	Cereal Bar and String Cheese Craisins and Juice 28 A-Chicken Nuggets with WG Pretzel Rod B-Fruit and Cinnamon Yogurt Salad Fries and Cucumbers Fresh Fruit Assortment
WG Banana Bread Applesauce and Juice 31 A-French Toast and Sausage B-Yogurt Muffin Snack Pack French Fries and Baby Carrots Fresh Fruit Assortment	Filled Cresent Fresh Apple and Juice 01 A-Cheesy Enchiladas B- BBQ Chicken Drumstick Black Beans and Celery Sticks Fresh Fruit Assortment	Cinnamon Toast Crunch Cereal and Graham Cracker Fresh Orange and Juice 02 A-Cheeseburger B-Pizza Sticks with Marinara Sauce French Fries and Cucumbers Fresh Fruit Assortment	WG Muffin with String Cheese Fresh Banana and Juice 03 A- Cheese Pizza B- Crunchy Chicken Tacos Black Beans and Corn Salsa Fresh Fruit Assortment	Cinnamon Toast Pastry Craisins and Juice 04 A-Pizza Pasta Bake B-Grilled Cheese Green Beans and Baby Carrots Fresh Fruit Assortment

Enero 2022

**Todos los desayunos y almuerzos son
GRATIS!**

¡¡Actualmente contratando!!
Departamento de comida esta

Contratando ahora!
Trabaja mientras tus hijos estan en clases.
Excelente beneficios
Aplique en linea @ www.aramark.com



ACE'S CORNER

Todas las comidas se ofrecen con la opcion de
leche regular de 1% o leche de chocolate.



Opciones vegetarianas en letra Verde

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 NO CLASES	04 NO CLASES	05 NO CLASES	06 NO CLASES	07 NO CLASES
Todas las comidas se ofrecen con la opcion de leche regular de 1% o leche de chocolate.	Todas las comidas se ofrecen con la opcion de leche regular de 1% o leche de chocolate.	Todas las comidas se ofrecen con la opcion de leche regular de 1% o leche de chocolate.	Todas las comidas se ofrecen con la opcion de leche regular de 1% o leche de chocolate.	Todas las comidas se ofrecen con la opcion de leche regular de 1% o leche de chocolate.
10 Rosquilla con queso crema De fresa Manzana y jugo A- Nachos con carne B- Paquete con yogur & magdalena Frijoles negros al chipotle y zanahorias bebes Mix de fruta fresca	11 Panqueques Naranja y jugo A-Nuggets de pollo con pan de canela B- Hot Dog Brocoli al vapor & pepino Mix de fruta fresca	12 Magdalena y queso de hebra Pure de manzana y jugo A-Palitos de pan Frances y salchicha B-Prepara tu pizza de peperoni Hash Browns y apio Mix de fruta fresca	13 Avena sabor platano c/chispas de chocolate Platano y jugo A- Hamburguesa con queso B- Sandwich de queso a la parilla Papas fritas y zanahorias bebe Mix de fruta fresca	14 Donas Arandanos secos y jugo A- Sandwich hebra con queso estilo Italiano B- Sandwich de pollo Zanahorias al vapor & apio fresco Mix de fruta fresca
17 NO CLASES	18 Barra nutritive de pan tostado Manzana fresca y jugo ½ dia	19 Cereal and Graham Cracker Pure de manzana y jugo A-Nachos con carne B-Paquete de yogur con magdalena Frijoles negros en salsa chipotle y salsa de maiz Mix de fruta fresca	20 Magdalena con queso hebra Platano fresco y jugo A- Palitos de pizza c/salsa marinera B- Taco ensalada con totopos Frijoles negros y salsa de maiz Platano fresco	21 Barra UBR Arandanos secos y jugo A-Trocitos de pollo B-Paquete de yogur con magdalena Papa majada y elote Mix de fruta fresca
24 Rosquilla con queso crema de canela Naranja fresca y jugo A- Hamburguesa con queso B- Paquete con yogur & magdalena Papas fritas y pepinos Manzana fresca	25 Galletas Scooby Snacks y Yogur Manzana fresca y jugo A- Espaguetis con albondigas B-Cheese Pizza Crunchers Espaguetis de calabaza y zanahorias bebe Mix de fruta fresca	26 Pan de calabaza Manzana fresca y jugo A-Sandwich de pollo y waffles B-Has to propia pizza Papas fritas y zanahorias bebe Uvas frescas	27 Barrita nutritiva Platano fresco y jugo A- Quesadilla B- Hot dog en pan de maiz Frijoles negros y salsa de maiz Platano fresco	28 Barra de cereal y queso hebra Arandanos secos y jugo A-Nuggets de pollo c/ pretzel B-Ensalada de fruta y yogurt con canela Papas fritas y pepinos Mix de fruta fresca
31 Pan de moras silvestres Pure de manzana y jugo A- Pan Frances y salchicha B- Paquete con yogur & magdalena Papas fritas y zanahorias bebe Mix de fruta fresca	01 Media luna Manzana fresca y jugo A- Enchiladas de queso B- Pierna de pollo con salsa barbecue Frijoles negros y palitos de apio Mix de fruta fresca	02 Cereal tostado de canela y galletas Graham Naranja fresca y jugo A- Hamburguesa B-Palitos de pizza c/salsa marinera Papas fritas y pepinos Mix de fruta fresca	03 Magdalena con queso hebra Platano fresco y jugo A- Pizza de queso B-Tacos dorados de queso Frijoles negros y salsa de maiz Mix de fruta fresca	04 Pan tostado con canela Arandanos secos y jugo A-Pasta horneada estilo pizza B-Sandwich de queso a la parilla Ejotes y zanahorias bebe Mix de fruta fresca

YELLOW WORLD

Sunshine yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include lemon, yellow tomatoes, garbanzo beans, pineapple, yellow peppers, and egg yolks.

DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



PINEAPPLE: Full of vitamin C, calcium, & iron
Peak Season: Apr.-May

LEMON: Bursting with fiber, vitamin C, & potassium
Peak Season: Nov.-Mar.



BANANA: Brimming with fiber & potassium
Peak Season: Apr.-Oct.

CHALLENGE OF THE MONTH: DON'T GET YOUR TONGUE IN A TWIST

It's surprisingly easy to jumble certain sayings. Try saying these phrases slowly, then three times fast. Invite your family and friends to join you. Can you say these phrases correctly every time? Can you think of other examples?



1. SELFISH SHELLFISH



2. FRESHLY FRIED
FLYING FISH

3. EDDIE EDITED IT

4. TRULY RURAL

5. SIX SLIPPERY SNAILS SLID
SLOWLY SEAWARD



ACE'S RECIPE OF THE MONTH:

PEANUT BUTTER BANANA ENERGY BARS*

Serves 12



INGREDIENTS:

- 3 very ripe bananas
- 1 cup peanut butter
- 1/4 cup honey or maple syrup, for a vegan version
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 cups old-fashioned oats
- 1 cup sliced almonds or other nut/seed combination

PREPARATION:

- Using a hand or standing mixer, mix the bananas, peanut butter, honey, cinnamon, and vanilla extract until very smooth.
- Add oats and almonds and mix until combined.
- Evenly spread and flatten onto a parchment-covered baking dish (about 9x9 inches).
- Bake at 350 degrees for 30 minutes, or until golden brown on edges.
- Allow to cool completely before cutting bars.
- Store at room temperature for a week or freeze for up to six months in an airtight container/wrapped individually in plastic wrap.

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