

# JANUARY 2026

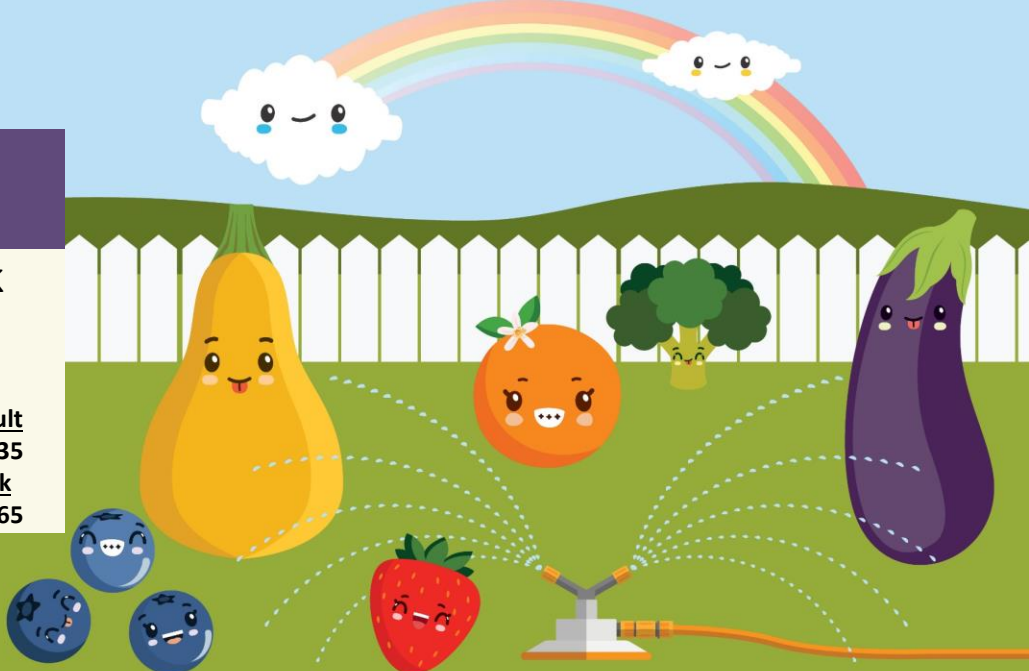
## Daily Offerings: Assorted Milk



## ACE'S CORNER

## Meal Prices

<u>Lunch</u>	<u>Adult</u>
\$2.85	\$3.35
<u>Extra Entrée</u>	<u>Milk</u>
\$2.30	\$0.65



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SchoolDish</p>			1	2
<p>5</p> <p><b>Winter Break: No School</b></p>	<p>6</p> <p>1: Old Fashioned Patty Melt 2: Corn Dog</p> <p>Tater Tots &amp; Pickled Cucumbers Banana &amp; Apple Juice</p>	<p>7</p> <p>1: Mini Pancakes &amp; Cheese Omelet 2: BBQ Riblet</p> <p>Celery Sticks &amp; Baby Carrots Warm Cinnamon Peaches &amp; Grape Juice</p>	<p>8</p> <p>1: Honey Stung Popcorn Chicken w/ Biscuit 2: Grilled Cheese</p> <p>Mashed Potatoes &amp; Fresh Broccoli Applesauce &amp; Orange Juice</p>	<p>9</p> <p>1: Cheese Pizza 2: Three Cheese Salad w/ Breadstick</p> <p>Spinach Salad &amp; Red Pepper Strips Apple &amp; Fruit Juice</p>
<p>12</p> <p>1: Pizza Meatball Sub 2: Popcorn Chicken w/ Breadstick 3: LTO Spicy Chicken &amp; Street Corn Mac &amp; Cheese</p> <p>Cooked Broccoli &amp; Baby Carrots Mixed Fruit &amp; Fruit Juice</p>	<p>13</p> <p>1: Chicken Patty w/ Signature Sauce 2: Taco Wedges 3: LTO Spicy Chicken &amp; Street Corn Mac &amp; Cheese</p> <p>Waffle Fries &amp; Fresh Broccoli Diced Pears &amp; Apple Juice</p>	<p>14</p> <p>1: Spaghetti w/ Meat Sauce 2: Chicken Nuggets w/ Breadstick 3: LTO Spicy Chicken &amp; Street Corn Mac &amp; Cheese</p> <p>Baked Beans &amp; Celery Sticks Apple &amp; Grape Juice</p>	<p>15</p> <p>1: Waffle w/ 2 Sausage Links 2: Cheeseburger 3: LTO Spicy Chicken &amp; Street Corn Mac &amp; Cheese</p> <p>Red Pepper Strips &amp; Ruby Rush Juice Applesauce &amp; Orange Juice</p>	<p>16</p> <p><b>Early Dismissal: No Lunch</b></p>
<p>19</p> <p><b>No School</b></p>	<p>20</p> <p>1: Chicken Tenders w/ Garlic Knots 2: Cheeseburger</p> <p>Cooked Carrots &amp; Fresh Broccoli Banana &amp; Apple Juice</p>	<p>21</p> <p>1: Beef Walking Tacos 2: Cheese Quesadilla</p> <p>Kickin' Pinto Beans &amp; Fresh Zucchini Diced Peaches &amp; Grape Juice</p>	<p>22</p> <p>1: BBQ Riblet 2: Grilled Cheese</p> <p>Veg Blend &amp; Celery Sticks Applesauce &amp; Orange Juice</p>	<p>23</p> <p>1: Cheese Pizza 2: Popcorn Chicken Salad w/ Breadstick</p> <p>Spinach Salad &amp; Baby Carrots Fresh Apple &amp; Fruit Juice</p>
<p>26</p> <p>1: Cheeseburger 2: MYO Flatbread Pizza</p> <p>Mashed Potatoes w/ Gravy &amp; Fresh Broccoli Mixed Fruit &amp; Fruit Juice</p>	<p>27</p> <p>1: Chicken Patty Sliders 2: Maxx Sticks w/ Sauce</p> <p>Corn &amp; Red Pepper Strips Banana &amp; Apple Juice</p>	<p>28</p> <p>1: Orange Chicken w/ Rice 2: Chicken Patty Sandwich</p> <p>Veg. Blend &amp; Edamame Diced Peaches &amp; Grape Juice</p>	<p>29</p> <p>1: French Toast w/ 2 Sausage Patties 2: Hot Dog</p> <p>Celery Sticks &amp; Ruby Rush Juice Applesauce &amp; Orange Juice</p>	<p>30</p> <p>1: Cheese Pizza 2: All-American Salad w/ Breadstick</p> <p>Spinach Salad &amp; Baby Carrots Apple &amp; Fruit Juice</p>



# EATING THE RAINBOW

A colorful variety on your plate is more than just a feast for the eyes; it's a good choice nutritionally. You might remember learning about Roy G. Biv—red, orange, yellow, green, blue, indigo, and violet—an acronym for the colors of the rainbow. In the world of food, we can also add in pink, white, tan, dark brown, and black to that rainbow of colors. Each color signals a range of health benefits that we will explore together.

## DIG IN WITH MONTHLY DISCOVERIES

Be sure to check out each month's Discover spotlight to try a vibrant fruit or veggie that showcases the delicious potential of nature's bounty.



## CHALLENGE OF THE MONTH: GARDEN YOGA

Yoga is a great way to stretch and be mindful of your body and the world around you. Be sure to take deep breaths in each pose.



### BE A FROG

Lower down into a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



### BE A TREE

Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Repeat with other leg.



### BE A BUTTERFLY

Sit with your spine straight. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

## ACE'S RECIPE OF THE MONTH:



## RAINBOW FLATBREAD PIZZA\*

### INGREDIENTS:

- 1 package (2 pieces) of Stonefire naan
- 1/2 cup of pizza sauce
- 1/2 cup of shredded Mozzarella cheese
- 4 cups of chopped colorful veggies (such as broccoli, green peppers, yellow peppers, grape tomatoes, and thinly sliced purple potatoes)
- 2 tsp. of olive oil
- 1 tsp. of Italian seasonings

### PREPARATION:

1. Preheat the oven to 425°F and put both naan pieces side by side on the baking sheet. Use a spoon to evenly spread the pizza sauce between the two.
2. Sprinkle the cheese on top of the sauce and layer the veggies in a rainbow pattern on top of the cheese.
3. Drizzle a bit of olive oil on each and then sprinkle on Italian seasoning.
4. Bake for about 20 minutes, or until veggies are cooked and the crust is slightly golden. Wait a few minutes for it to cool and enjoy!