



JANUARY 2026

DAILY OPTIONS:

Assorted Milk all meal periods



ACE'S CORNER

Menu subject to change without notice.

This institution is an equal opportunity provider.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
| | | | 1 Winter Break : No School | 2 Winter Break : No School |
| 5 Blueberry Bread Apple Slices | 6 Cheerios Fresh Orange Wedges | 7 Yogurt Applesauce | 8 Mini Maple Waffles Banana | 9 Strawberry Mini Cream Cheese Bagel Apple Juice |
| Pretzel, Yogurt & Cheese Pack Waffles Fries & Orange Wedges | Soft Beef Tacos Cucumber Slices & Whole Apple | Mini Pancakes w/ Cheese Omelet Fresh Broccoli & Warm Cinnamon Peaches | Honey Stung Popcorn Chicken Mashed Potatoes & Applesauce | Cheese Pizza Red Pepper Strips & Whole Banana |
| String Cheese & Capri Sun | Bug Bite Crackers & Milk | Cheez-It w/ Cucumber Slices & Ranch | String Cheese & Pretzel Goldfish | Yogurt & Cheez-Its |
| 12 Blueberry Chex Apple Slices | 13 Mini Maple Waffles Fresh Orange Wedges | 14 Yogurt Applesauce | 15 Cheerios Banana | 16 No School |
| Popcorn Chicken Steamed Broccoli & Orange Wedges | Taco Wedges Waffle Fries & Apple Juice | Spaghetti w/ Meat Sauce Baked Beans & Peaches | Waffles w/ 2 Sausage Links Red Pepper Strips & Applesauce | |
| Animal Crackers & Milk | Scooby Snacks & String Cheese | Goldfish & Capri Sun | ChatSnax & Apple | |
| 19 No School | 20 Cheerios Fresh Orange | 21 Mini Cream Cheese Bagels Applesauce | 22 Blueberry Bread Banana | 23 Chex Cereal Apple Juice |
| | Chicken Tenders Cooked Carrots & Pears | Chicken Patty Sandwich Zucchini Slices & Peaches | Grilled Cheese Red Pepper Strips & Apple | Cheese Pizza Cucumber Slices & Whole Banana |
| | Bug Bite Crackers & Milk | Yogurt & Goldfish | Pretzel Goldfish & String Cheese | Cucumber Slices w/ Ranch & Animal Crackers |
| 26 Bagel w/ Cream Cheese Apple Slices | 27 Pumpkin Bread Fresh Orange Wedges | 28 Yogurt Applesauce | 29 Cheerios Banana | 30 Mini Maple Waffles Apple Juice |
| Cheeseburger Mashed Potatoes & Mixed Fruit | Chicken Patty Sliders Zucchini Slices & Pears | Maxx Sticks w/ Sauce Veg Blend & Peaches | French Toast w/ Sausage Celery Sticks & Warm Cinnamon Apples | Cheese Pizza Cooked Carrots & Whole Banana |
| ChatSnax & Milk | Pretzel & Capri Sun | Bagel w/ Jelly & Milk | String Cheese & Apple | Scooby Snacks & String Cheese |



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.

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!

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.

