



# JANUARY 2026

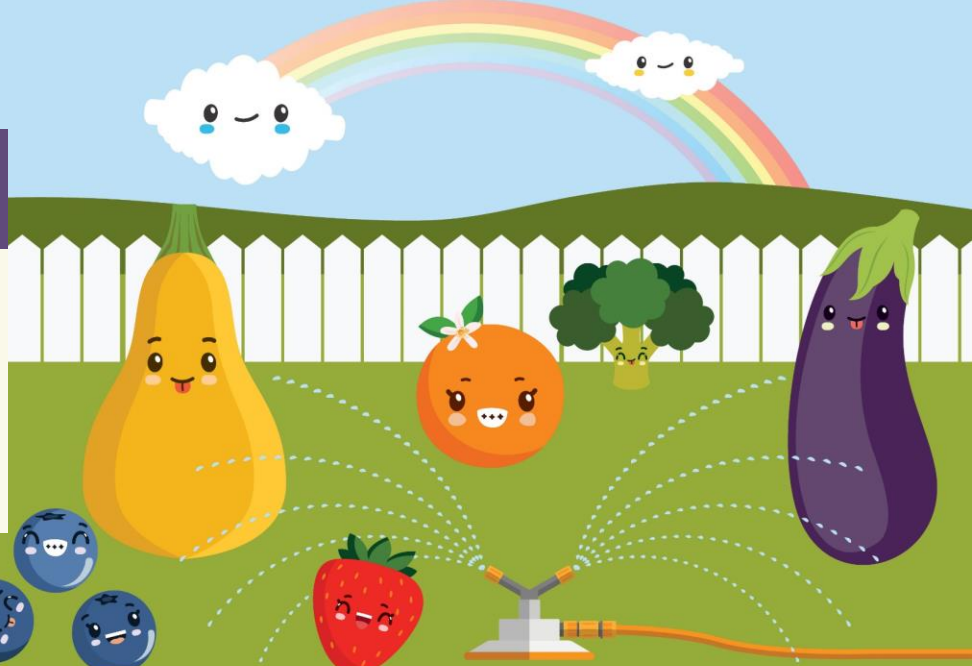
## DAILY OPTIONS:

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

## 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!