

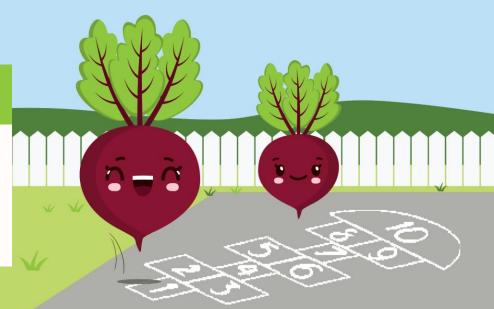


# FEBRUARY 2024

ACE'S CORNER



A meal includes an entrée, a fruit and/or vegetable(s) and choice of milk.



**Available Daily:** 

Pretzel Pack with Yogurt & String Cheese (v) or Peanut Butter & Jelly Pack (v)

Milk: Skim White, Skim Chocolate, Skim Strawberry, 1% White

Carrot Snack Pack & Raisins

Vegetarian entrees indicated with a (v)

Lunch Prices: Paid: \$2.65

Carrot Snac	k Pack & Raisins	Vegetarian entrees indicated with a (v)		Paid: \$2.6
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
We work with these of that your family know serve the highest qua	companies s & trusts, to ality products,	ICHS Separation of the separat	Tostitos Scoops with Beef and Cheese Chicken Tenders	Personal Pizza (v) Turkey Dog on a Bun
formulated specifical		lormel Jennie 0	100% Grape Juice Cucumbers	Pears Baked Beans
Mozzarella Sticks with Marinara Sauce (v) Chicken Bites	Back by Popular Demand! Chicken Crispito with Salsa Cheeseburger	Pancake Bites (v) with or without Sausage Chicken Patty Sandwich	Penne with Marinara (v) with Meatballs & a Breadstick Chicken Tenders	Personal Pizza (v) 9 Turkey Dog on a Bun
Applesauce Shredded Lettuce	100% Apple Juice Sweet Golden Corn	Mixed Fruit Mixed Vegetables	100% Grape Juice Cucumbers	Peaches Baked Beans
Pizza Dippers with Marinara Sauce (v) Chicken Bites  Applesauce	Breaded Chicken Parmesan Sandwich Cheeseburger	Bacon Cheeseburger 14 Chicken Patty Sandwich  Mixed Fruit	Half Day	16 School Closed
Shredded Lettuce	Peas	Crinkle Cut Fries		
19 School Closed	Chicken Patty Sandwich with BASD Sauce and Pickles Cheeseburger	Waffles (v) with or without Sausage Chicken Patty Sandwich	Doritos Nachos with Beef and Cheese Chicken Tenders	Personal Pizza (v) Turkey Dog on a Bun
	100% Apple Juice Crinkle Cut Fries	Mixed Fruit Steamed Broccoli	100% Grape Juice Cucumbers	Peaches Baked Beans
Corn Dog Chicken Bites	Chicken Drumstick with a Biscuit Cheeseburger	Prench Toast Sticks (v) with or without Sausage Chicken Patty Sandwich	29 Grilled Cheese with Bacon Chicken Tenders	
Applesauce Shredded Lettuce	100% Apple Juice Sweet Golden Corn	Mixed Fruit Green Beans	100% Grape Juice Cucumbers	Don't forget, breakfast is <i>FREE</i>

For nutritional information, visit <a href="https://bethpa.nutrislice.com/menu/">https://bethpa.nutrislice.com/menu/</a>

To make a meal, students must select from at least 3 different food groups. At least 1 item must be a  $\frac{1}{2}$  cup of fruit or  $\frac{1}{2}$  cup of vegetable. Meals without a fruit or vegetable, will be charged a la carte pricing.

# MARCH TO YOUR OWN

Beet plants are one of several cultivated varieties of Beta vulgaris grown for their edible taproots and leaves. The beet and its greens are both an excellent source of folate, vitamins A and K, fiber, manganese, copper, and potassium. These versatile, tasty plants can be steamed, fried, pickled, juiced, boiled, slow cooked, or eaten raw in a salad. In addition to their unbeetable nutritional benefits, beets are also used in dyes, animal feed, and medicines. The betaine compound that gives beets their color also helps naturally flush toxins from the body. These miraculous taproots trace their roots right back to 800 BC, where Ancient Assyrian texts describe beets as part of the legendary Hanging Gardens of Babylon.

## ACE'S JOKE OF THE MONTH

# Q. WHAT'S THE COOLEST VEGETABLE?

SEE ANSWER BELOW



#### DID YOU KNOW?

#### LOVE AT FIRST BITE

In Greek mythology, it is believed that if a man and a woman eat from the same beet, then they will fall in love.



#### UNBEETABLE SHINE

In 19th century Victorian England, women used beet juice to add a "red" shine to their hair.

#### **BEET FEAT**

The world's largest beet to date was grown in Holland and weighs over 62 pounds.

## **ACTIVITY: FEEL THE BEET**

Follow the rhythm below and identify the missing notes.

