

# FEBRUARY 2024



## Elementary Lunch Menu

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

ACE'S CORNER

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We work with these companies that your family knows &amp; trusts, to serve the highest quality products, formulated specifically for K-12.</p>			<p><b>Tostitos Scoops with Beef and Cheese</b> 1 Chicken Tenders</p> <p>100% Grape Juice Cucumbers</p>	<p><b>Personal Pizza (v)</b> 2 Turkey Dog on a Bun</p> <p>Pears Baked Beans</p>
<p><b>Mozzarella Sticks with Marinara Sauce (v)</b> 5 Chicken Bites</p> <p>Applesauce Shredded Lettuce</p>	<p><b>Back by Popular Demand!</b> 6 <b>Chicken Crispito with Salsa</b> Cheeseburger</p> <p>100% Apple Juice Sweet Golden Corn</p>	<p><b>Pancake Bites (v)</b> 7 with or without Sausage Chicken Patty Sandwich</p> <p>Mixed Fruit Mixed Vegetables</p>	<p><b>Penne with Marinara (v)</b> 8 with Meatballs &amp; a Breadstick Chicken Tenders</p> <p>100% Grape Juice Cucumbers</p>	<p><b>Personal Pizza (v)</b> 9 Turkey Dog on a Bun</p> <p>Peaches Baked Beans</p>
<p><b>Pizza Dippers with Marinara Sauce (v)</b> 12 Chicken Bites</p> <p>Applesauce Shredded Lettuce</p>	<p><b>Breaded Chicken Parmesan Sandwich</b> 13 Cheeseburger</p> <p>100% Apple Juice Peas</p>	<p><b>Bacon Cheeseburger</b> 14 Chicken Patty Sandwich</p> <p>Mixed Fruit Crinkle Cut Fries</p>	<p><b>Half Day</b> 15</p>	<p><b>School Closed</b> 16</p>
<p><b>School Closed</b> 19</p>	<p><b>Chicken Patty Sandwich with BASD Sauce and Pickles</b> 20 Cheeseburger</p> <p>100% Apple Juice Crinkle Cut Fries</p>	<p><b>Waffles (v)</b> 21 with or without Sausage Chicken Patty Sandwich</p> <p>Mixed Fruit Steamed Broccoli</p>	<p><b>Doritos Nachos with Beef and Cheese</b> 22 Chicken Tenders</p> <p>100% Grape Juice Cucumbers</p>	<p><b>Personal Pizza (v)</b> 23 Turkey Dog on a Bun</p> <p>Peaches Baked Beans</p>
<p><b>Corn Dog</b> 26 Chicken Bites</p> <p>Applesauce Shredded Lettuce</p>	<p><b>Chicken Drumstick with a Biscuit</b> 27 Cheeseburger</p> <p>100% Apple Juice Sweet Golden Corn</p>	<p><b>French Toast Sticks (v)</b> 28 with or without Sausage Chicken Patty Sandwich</p> <p>Mixed Fruit Green Beans</p>	<p><b>Grilled Cheese with Bacon</b> 29 Chicken Tenders</p> <p>100% Grape Juice Cucumbers</p>	<p><b>Don't forget, breakfast is FREE</b></p>

To make a meal, students must select from at least 3 different food groups.

At least 1 item must be a ½ cup of fruit or ½ cup of vegetable.

Meals without a fruit or vegetable, will be charged a la carte pricing.

Menus are subject to change without notice.

This institution is an  
equal opportunity provider.

For nutritional information, visit  
<https://bethpa.nutrislice.com/menu/>

For more information, visit us online at:  
<https://www.basdschools.org/dining>

# MARCH TO YOUR OWN BEET

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.

## ACTIVITY: FEEL THE BEET

Follow the rhythm below and identify the missing notes.

Ma - ry had a lit - tle lamb, lit - tle lamb, lit - tle lamb.

Ma - ry had a lit - tle lamb. Its nose was pink as beets.

## 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.