

JANUARY 2026



Lunch Prices
Student: \$2.95
Adult: \$4.00

All reimbursable lunches MUST include a fruit, vegetable or 100% vegetable juice and MAY include 1% or skim chocolate milk

ACE'S CORNER

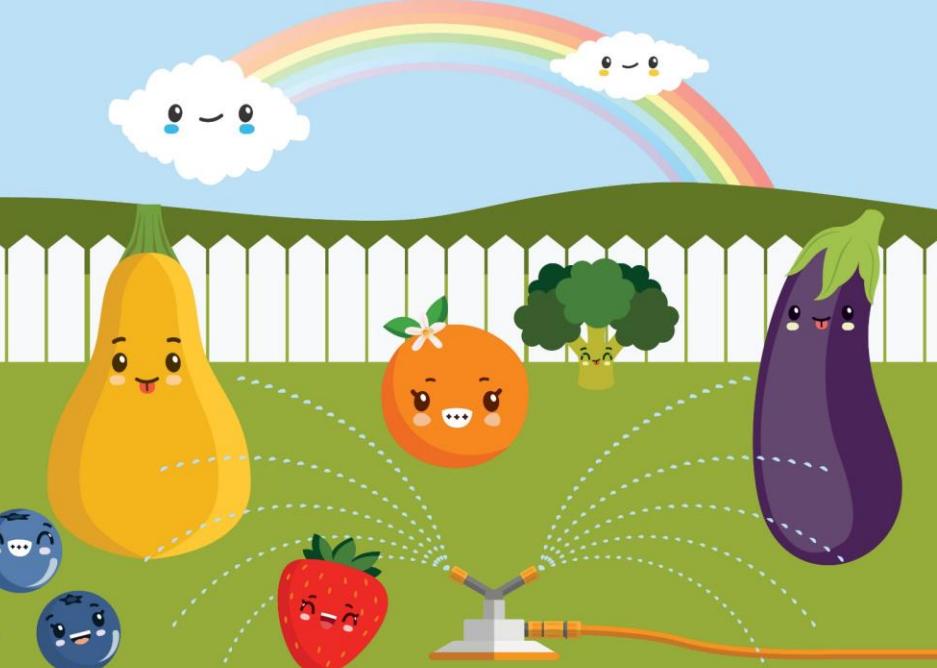
Available Everyday:

Sunbutter & Jelly Sandwich w/ cheese stick

Bagel, Yogurt & cheese stick

Chicken Caesar Salad w/ WG Dinner Roll

Dinking cups & water available in every cafeteria



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5	Macaroni & Cheese Broccoli Dinner Roll Apple	6	Chicken Nachos Steamed Rice Campfire Pinto Beans Orange Smiles	7	Chicken & Cheese Quesadilla Tomato Salsa Corn on the Cob Banana	8	Pancakes Turkey Sausage Sweet Potato Fries Blueberry	9	Cheese Pizza Pepperoni Pizza French Fries Honeydew
	Hot Weekly Special: Chicken Tenders w/ WG Dinner Roll		Cold Weekly Special: Turkey & Cheese		Cold Weekly Special: Turkey & Cheese		Sandwich on WG Bread		
12	Spaghetti & Meatballs With Marinara Breadstick Roasted Broccoli Pear	13	Soft Beef Tacos Charro Black Beans Melon	14	Waffles Turkey Sausage Tater Tots Orange Slices	15	Pepperoni Pizza Cheese Pizza Carrots Red Delicious Apple	16	EARLY DISMISSAL Bagel Fun Lunch OR Sunbutter & Jelly OR Beef Meatball Parmesan Sub Fresh Fruit & Carrots
	Hot Weekly Special: Beef Meatball Parmesan Sub				Cold Weekly Special: Blueberry Greek Yogurt Parfait w/ Granola				
19	No School	20	Cilantro Rice, Bean & Cheese Burrito BBQ Black Beans Melon	21	Chicken Dumplings Steamed Rice Snap Peas Orange Slices	22	French Toast Sticks Baked Tator Tots Turkey Sausage Apple	23	Cheese Stuffed Breadsticks w/ Marinara Sauce Romaine Side Salad Pear
	Martin Luther King Jr. Day		Hot Weekly Special: Hamburger or Cheeseburger on WG Bun		Cold Weekly Special: Blueberry Greek Yogurt Parfait w/ Granola		Pepperoni Pizza Lunch Kit		
26	Chicken Penne Alfredo Garlic Knot Apples Carrots	27	Beef Nachos Sante Fe Rice Campfire Pinto Beans Grapes	28	Honey Stung Popcorn Chicken Steamed Rice Green Beans Orange Smiles	29	Pancakes Turkey Sausage Potato Smiles Melon	30	Cheese Pizza Meatball Pizza Romaine Side Salad Pear
	Hot Weekly Special: Bean & Cheese Quesadilla				Cold Weekly Special: Chicken Caesar Pasta Salad				



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!