

FEBRUARY 2024

North Stonington Elementary Breakfast and Lunch Menu

- Promotions**
 2/2- National Tater Tot Day
 2/9- National Pizza Day
 2/14- Valentine's Day
 2/27- National Strawberry Day



ACE'S CORNER

Breakfast Prices
 Paid: \$0.00
 Reduced: \$0.00

Lunch Prices
 Paid: \$0.00
 Reduced: \$0.00

Contact Info
 Monique Herard- Foodservice Director
 401-315-1610 or herard-Monique@aramark.com



Assorted Cereal available at Breakfast daily Sun Butter & Jelly Sandwich available daily Assorted Fruit & Vegetable Bar available daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oatmeal Round Applesauce, 100% Fruit Juice 29 1. Chicken Patty Sandwich 2. Turkey & Cheese Sub 3. Pizza Bagel Lunch Kit BBQ Black Beans	Egg Muffin Melt Apple, 100% Fruit Juice 30 1. Hamburger or Cheeseburger 2. Italian Salad w/ Roll 3. Pizza Bagel Lunch Kit Cucumber	Banana Bread Orange, 100% Fruit Juice 31 1. Waffles w/ Omelet 2. Turkey & Cheese Sub 3. Pizza Bagel Lunch Kit Broccoli	Mini French Toast Craisins, 100% Fruit Juice 01 1. Soft Shell Beef Tacos 2. Italian Salad w/ Roll 3. Pizza Bagel Lunch Kit Carrots	Cinni Mini Diced Peaches, 100% Fruit Juice 02 1. Cheese or Pepperoni Pizza 2. Turkey & Cheese Sub 3. Muffin & Yogurt Lunch Kit Tater Tots 
Muffin w/ String Cheese Apple, 100% Fruit Juice 05 1. Pizza Sticks w/ Marinara 2. All-American Sub 3. Pretzel & Yogurt Lunch Kit Green Beans	Egg & Sausage Sandwich Diced Pears, 100% Fruit Juice 06 1. Macaroni & Cheese w/ Roll 2. Popcorn Chicken Salad w/ Roll 3. Pretzel & Yogurt Lunch Kit Baby Carrots	Bagel w/ Cream Cheese or Jelly Mixed Fruit, 100% Fruit Juice 07 1. French Toast Sticks w/ Sausage 2. All-American Sub 3. Pretzel & Yogurt Lunch Kit Hash Brown	Mini Waffle Raisins, 100% Fruit Juice 08 1. Chicken Tenders w/ Roll 2. Popcorn Chicken Salad w/ Roll 3. Pretzel & Yogurt Lunch Kit Baked Beans	Cinnamon Roll Banana, 100% Fruit Juice 09 1. Cheese or Sausage Pizza 2. All-American Sub 3. Pretzel & Yogurt Lunch Kit Broccoli 
Cinnamon Breakfast Round Applesauce, 100% Fruit Juice 12 1. Chicken Patty Sandwich 2. Ham & Cheese Sub 3. Yogurt Parfait Kit w/ Goldfish Corn	Egg & Cheese Muffin Melt Craisins, 100% Fruit Juice 13 1. Hamburger or Cheeseburger 2. Turkey Chef Salad w/ Roll 3. Yogurt Parfait Kit w/ Goldfish Spinach Salad w/ Balsamic	Benefit Bar Orange, 100% Fruit Juice 14 1. Mini Pancakes w/ Sausage 2. Ham & Cheese Sub 3. Yogurt Parfait Kit w/ Goldfish Roasted Potatoes 	Muffin w/ String Cheese Mixed Fruit, 100% Fruit Juice 15 1. Beef & Cheese Nachos 2. Turkey Chef Salad w/ Roll 3. Yogurt Parfait Kit w/ Goldfish Campfire Beans	Teacher Professional Day 16 
 19 Oatmeal Round Apple, 100% Fruit Juice 1. Meatball Sliders 2. Turkey & Cheese Wrap 3. Bagel & Yogurt Lunch Kit Baked Beans	Scooby Grahams w/ Yogurt Apple, 100% Fruit Juice 20 1. Hot Dog 2. Garden Salad w/ Cheese & Roll 3. Flatbread Pizza Lunch Kit Baked Beans	Bagel w/ Cream Cheese or Jelly Applesauce, 100% Fruit Juice 21 1. Mini Waffles w/ Sausage 2. Tuna Salad Sub 3. Flatbread Pizza Lunch Kit Baked Crinkle Cut Fries	Apple Frudel Orange, 100% Fruit Juice 22 1. Chicken Nuggets w/ Roll 2. Garden Salad w/ Cheese & Roll 3. Yogurt Parfait Kit w/ Goldfish Caesar Side Salad	Cereal Bar Diced Peaches, 100% Fruit Juice 23 1. Cheese or Pepperoni Pizza 2. Tuna Salad Sub 3. Yogurt Parfait Kit w/ Goldfish Cucumber & Tomato Salad
Oatmeal Round Apple, 100% Fruit Juice 26 1. Meatball Sliders 2. Turkey & Cheese Wrap 3. Bagel & Yogurt Lunch Kit Baked Beans	Mini Strawberry Bagel Raisin, 100% Fruit Juice 27  1. Hamburger or Cheeseburger 2. Chicken Caesar Salad w/ Roll 3. Bagel & Yogurt Lunch Kit Green Beans, Strawberries	Muffin w/ String Cheese Mixed Fruit, 100% Fruit Juice 28 1. Mini French Toast w/ Omelet 2. Veggie Chicken Nuggets w/ Roll 3. Bagel & Yogurt Lunch Kit Hash Brown	Mini Waffles Applesauce, 100% Fruit Juice 29 1. Beef & Cheese Nachos 2. Chicken Caesar Salad w/ Roll 3. Bagel & Yogurt Lunch Kit Roasted Carrots	Benefit Bar Diced Pears, 100% Fruit Juice 01 1. Cheese or Pepperoni Pizza 2. Turkey & Cheese Wrap 3. Bagel & Yogurt Lunch Kit Broccoli

A NUTRITIOUS BANANZA



The scientific name for banana is *musa sapientum*, which means “fruit of the wise men.” Bananas foster lots of vitamin C, potassium, fiber, and vitamin B6 making them a wise choice. These yellow fruits, botanically classified as berries, are an appealing snack because they are low in calories and have no fat, sodium, or cholesterol. It’s no wonder that the average U.S. person consumes 90 bananas each year. In addition to all the nutritional value, banana plants are also very useful—their large leaves can be used as umbrellas while their fibers are often harvested to make rope and tea bags.

DID YOU KNOW?

HEALING PEEL Thanks to its oil, rubbing the inside of a banana peel on a bug bite (or on poison ivy) will help keep it from itching and getting inflamed.



QUITE THE HANDFUL

A true, harvested “bunch” of bananas—weighing from 66 to 110 pounds—is made up of several tiers of banana clusters called “hands”, while a single banana is called a “finger”.



ACE’S JOKE OF THE MONTH

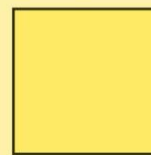
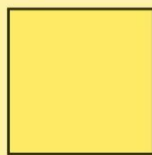
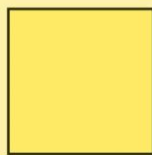
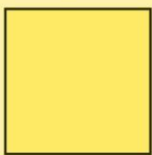
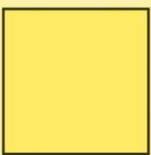
Q. WHAT IS THE EASIEST WAY TO MAKE A BANANA SPLIT?

SEE ANSWER BELOW

ACTIVITY: ESTATE OF BANANAS

Bananas are only farmed in one U.S. State. Use the first letter from the names of the clues below to figure out which one! Use only one letter per box.

SEE ANSWER BELOW



WE ARE A BUNCH OF “HANDS”!