

# JANUARY 2023

## North Stonington Breakfast and Lunch Menu

**Reminder:**  
Meals are no longer free  
beginning 1/3/23.

Contact Information  
Monique Herard- Foodservice Director  
401-315-1610

### ACE'S CORNER

**Breakfast Prices**

**Paid: \$2.25**

**Reduced: \$0.30**

**Lunch Prices**

**Paid: \$3.05**


**Reduced: \$0.40**

Assorted Cereal offered at breakfast daily

Sun Butter & Jelly Sandwiches offered at lunch daily

Vegetarian options are written in green



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>02</b></p> <p>No School</p> <p>New Year's Day Observed</p>	<p><b>03</b></p> <p>Muffin w/ String Cheese Applesauce, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Hamburger or Cheeseburger</li> <li>Sun Butter &amp; Jelly Sandwich</li> <li>Nacho Cheese Fun Lunch Tater Tots</li> </ol>	<p><b>04</b></p> <p>Oatmeal Rounds Oranges, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>French Toast w/ Sausage</li> <li>Sun Butter &amp; Jelly Sandwich</li> <li>Nacho Cheese Fun Lunch Green Beans</li> </ol>	<p><b>05</b></p> <p>Mini Waffles Diced Peaches, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Chicken Nuggets w/ Roll</li> <li>Sun Butter &amp; Jelly Sandwich</li> <li>Nacho Cheese Fun Lunch Carrots</li> </ol>	<p><b>06</b></p> <p>Benefit Bar Apple, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Cheese Pizza</li> <li>Sun Butter &amp; Jelly Sandwich</li> <li>Nacho Cheese Fun Lunch Broccoli</li> </ol>
<p><b>09</b></p> <p>Scooby Grahams w/ Yogurt Diced Pears, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Chicken Patty Sandwich</li> <li>Ham &amp; Cheese Sub</li> <li>Pizza Bagel Fun Lunch Vegetarian Baked Beans</li> </ol>	<p><b>10</b></p> <p>Egg &amp; Cheese Sandwich Apple, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Macaroni &amp; Cheese</li> <li>Popcorn Chicken Salad w/ Roll</li> <li>Pizza Bagel Fun Lunch Peas &amp; Carrots</li> </ol>	<p><b>11</b></p> <p>Mini Strawberry Bagel Diced Peaches, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Waffles w/ Cheese Omelet</li> <li>Ham &amp; Cheese Sub</li> <li>Pizza Bagel Fun Lunch Grape Tomatoes</li> </ol>	<p><b>12</b></p> <p>Pop Tart w/ String Cheese Raisin, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Beef &amp; Cheese Nachos</li> <li>Popcorn Chicken Salad w/ Roll</li> <li>Pizza Bagel Fun Lunch Green Pepper Strips</li> </ol>	<p><b>13</b></p> <p>Bagel w/ Cream Cheese Banana, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Ham &amp; Cheese Sub</li> <li>Bagel, Yogurt, &amp; Cheese Fun Lunch Corn</li> </ol> 
<p><b>16</b></p> <p>No School</p> <p>Martin Luther King Day</p>	<p><b>17</b></p> <p>Muffin w/ Yogurt Applesauce, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Hamburger or Cheeseburger</li> <li>Chicken Caesar Salad w/ Roll</li> <li>Muffin, Yogurt, &amp; Cheese Fun Lunch Smiley Fries</li> </ol>	<p><b>18</b></p> <p>Oatmeal Round Orange, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>French Toast Sticks w/ Sausage</li> <li>Turkey &amp; Cheese Sub</li> <li>Muffin, Yogurt, &amp; Cheese Fun Lunch Chickpea Salad</li> </ol>	<p><b>19</b></p> <p>Cinnamon Roll Craisins, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Chicken Tenders w/ Roll</li> <li>Chicken Caesar Salad w/ Roll</li> <li>Muffin, Yogurt, &amp; Cheese Fun Lunch Baby Carrots</li> </ol>	<p><b>20</b></p> <p>Benefit Bar Mixed Fruit, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Cheese Pizza</li> <li>Turkey &amp; Cheese Sub</li> <li>Muffin, Yogurt, &amp; Cheese Fun Lunch Cucumber Coins</li> </ol>
<p><b>23</b></p> <p>Scooby Grahams w/ Yogurt Apple, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Chicken Patty Sandwich</li> <li>All-American Sub</li> <li>Flatbread Pizza Fun Lunch Green Beans</li> </ol>	<p><b>24</b></p> <p>Egg &amp; Cheese Sandwich Diced Pears, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Pizza Sticks w/ Marinara</li> <li>Chicken Nacho Salad w/ Tortilla Chips</li> <li>Flatbread Pizza Fun Lunch Red Pepper Strips</li> </ol>	<p><b>25</b></p> <p>Cereal Bar Orange, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Waffles w/ Cheese Omelet</li> <li>All-American Sub</li> <li>Flatbread Pizza Fun Lunch Corn</li> </ol>	<p><b>26</b></p> <p>Muffin w/ String Cheese Raisins, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Soft Shell Beef Tacos</li> <li>Chicken Nacho Salad w/ Tortilla Chips</li> <li>Flatbread Pizza Fun Lunch BBQ Black Beans</li> </ol>	<p><b>27</b></p> <p>Bagel w/ Cream Cheese Banana, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>All-American Sub</li> <li>Cereal, Yogurt, &amp; Cheese Fun Lunch Broccoli</li> </ol>
<p><b>30</b></p> <p>Benefit Bar Applesauce, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Hot Dog</li> <li>Ham &amp; Cheese Wrap</li> <li>Bagel, Yogurt, &amp; Cheese Fun Lunch Vegetarian Baked Beans</li> </ol>	<p><b>31</b></p> <p>Pop Tart w/ Yogurt Diced Peaches, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Grilled Cheese w/ Tomato Soup</li> <li>Garden Salad w/ Cheese &amp; Roll</li> <li>Bagel, Yogurt, &amp; Cheese Fun Lunch Baby Carrots</li> </ol>	<p><b>01</b></p> <p>Mini Strawberry Bagel Orange, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>French Toast w/ Sausage</li> <li>Ham &amp; Cheese Wrap</li> <li>Bagel, Yogurt, &amp; Cheese Fun Lunch Celery</li> </ol>	<p><b>02</b></p> <p>Oatmeal Round Craisins, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Chicken Nuggets w/ Roll</li> <li>Garden Salad w/ Cheese &amp; Roll</li> <li>Bagel, Yogurt, &amp; Cheese Fun Lunch Mashed Potatoes</li> </ol>	<p><b>03</b></p> <p>Cereal Bar Mixed Fruit, 100% Fruit Juice</p> <ol style="list-style-type: none"> <li>Cheese Pizza</li> <li>Ham &amp; Cheese Wrap</li> <li>Bagel, Yogurt, &amp; Cheese Fun Lunch Spinach Salad w/ Strawberries</li> </ol>

# YELLOW WORLD

Sunshine yellow produce are high in beta-carotene and vitamin C. Beta-carotene contributes about 50% of the vitamin A in a typical American diet. It's recommended that you get your beta-carotene from brightly colored fruits and veggies rather than supplements. As well as packing a nutritional punch, this primary color means courage in Japan. Yellow foods that are equal parts delicious and nutritious include lemon, yellow tomatoes, garbanzo beans, pineapple, yellow peppers, and egg yolks.

## DISCOVER: SPAGHETTI SQUASH

This month, be sure to enjoy the fork-twirling, buttery goodness known as spaghetti squash. In season July through October, spaghetti squash is a delicious pasta alternative or side brimming with vitamins C and B6, manganese, and potassium.



**PINEAPPLE:** Full of vitamin C, calcium, & iron  
**Peak Season:** Apr.-May

**LEMON:** Bursting with fiber, vitamin C, & potassium  
**Peak Season:** Nov.-Mar.



**BANANA:** Brimming with fiber & potassium  
**Peak Season:** Apr.-Oct.

## CHALLENGE OF THE MONTH: DON'T GET YOUR TONGUE IN A TWIST

It's surprisingly easy to jumble certain sayings. Try saying these phrases slowly, then three times fast. Invite your family and friends to join you. Can you say these phrases correctly every time? Can you think of other examples?

CAN I HAVE ONE?



NOPE



1. SELFISH SHELLFISH



2. FRESHLY FRIED FLYING FISH

3. EDDIE EDITED IT

4. TRULY RURAL

5. SIX SLIPPERY SNAILS SLID SLOWLY SEAWARD



**ACE'S**  
RECIPE OF THE  
MONTH:

## PEANUT BUTTER BANANA ENERGY BARS\*

Serves 12



### INGREDIENTS:

- 3 very ripe bananas
- 1 cup peanut butter
- 1/4 cup honey or maple syrup, for a vegan version
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 cups old-fashioned oats
- 1 cup sliced almonds or other nut/seed combination

### PREPARATION:

- Using a hand or standing mixer, mix the bananas, peanut butter, honey, cinnamon, and vanilla extract until very smooth.
- Add oats and almonds and mix until combined.
- Evenly spread and flatten onto a parchment-covered baking dish (about 9x9 inches).
- Bake at 350 degrees for 30 minutes, or until golden brown on edges.
- Allow to cool completely before cutting bars.
- Store at room temperature for a week or freeze for up to six months in an airtight container/wrapped individually in plastic wrap.

**\*DO NOT attempt cook or chop without adult supervision.**