

FEBRUARY 2023

Breakfast Prices Lunch Prices
 Paid: \$1.50 Paid: \$3.00
 Reduced: \$0.30 Reduced: \$0.40

ACE'S CORNER

PBJ offered daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com or email Bwoodring@gccschools.com</p>		<p>Yogurt Parfait 1</p> <p>BBQ Drumstick w/ Roll Corn Dog Steamed Broccoli Baby Carrots</p>	<p>Sausage Egg Burrito 2</p> <p>Pizza Spicy or Reg Chicken Sandwich Roasted Zucchini Cucumber Slices</p>	<p>Cinnamon Roll 3</p> <p>Horseshoe Burger Fish Sandwich French Fries Side Salad</p>
<p>French Toast Sticks 6</p> <p>Disco Fries Cheeseburger Buttery Carrots Cucumber Slices</p>	<p>Egg & Cheese Biscuit 7</p> <p>Country Fried Steak Hot Dog Mashed Potatoes Side Salad</p>	<p>Blueberry Parfait 8</p> <p>Beef & Cheese Potato Bowl Corn Dog Refried Beans Grape Tomatoes</p>	<p>Sausage Egg & Cheese English Muffin 9</p> <p>Pizza Spicy or Reg Chicken Sandwich Steamed Broccoli Baby Carrots</p>	<p>Lucky Charms Donut 10</p> <p>BBQ Pork Sandwich Fish Sandwich French Fries Creamy Ranch Slaw</p>
<p>Blueberry Waffle 13</p> <p>Fish Tacos Cheeseburger Black Beans Sriracha Slaw</p>	<p>Biscuits & Gravy 14</p> <p>Chicken Parmesan Hot Dog Garlic Broccoli Baby Carrots</p> <p>Happy Valentines Day</p>	<p>Fruit & Yogurt Parfait 15</p> <p>Chicken Tater Tot Bowl Corn Dog Seasoned Corn Red Pepper Strips</p>	<p>Ham Egg & Cheese Toas16</p> <p>Pizza Spicy or Reg Chicken Sandwich Spicy Carrots Celery Sticks</p>	<p>Chocolate Glazed Donut 17</p> <p>Riblet Sandwich Fish Sandwich French Fries Green Beans</p>
<p>Pancake Sausage on a Stick 20</p> <p>Popcorn Chicken Cheeseburger Sweet Potato Green Beans</p>	<p>Egg & Biscuit with Jelly 21</p> <p>BBQ Chicken & Cheese Potato Hot Dog Buttery Carrots Celery Sticks</p>	<p>Yogurt Parfait 22</p> <p>Kickin' Beef, Bean & Rice Bowl Corn Dog Pinto Beans Cajun Slaw</p>	<p>Sausage Egg & Cheese Biscuit 23</p> <p>Pizza Spicy or Reg Chicken Sandwich Green Peas / Garden Salad</p>	<p>Cocoa Donut Holes 24</p> <p>Max Sticks with Marinara Fish Sandwich French Fries Garden Salad</p>
<p>French Toast Sticks 27</p> <p>Walking Taco Cheeseburger Black Beans Celery Sticks</p>	<p>Bacon Egg & Cheese Biscuit 28</p> <p>Chicken Alfredo Hot Dog Steamed Broccoli Italian Green Beans</p>			

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.



ACE'S JOKE OF THE MONTH

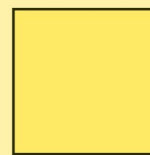
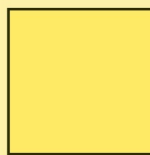
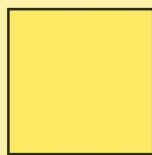
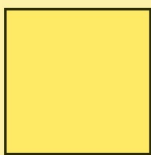
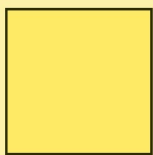
Q. WHAT IS THE EASIEST WAY TO MAKE A BANANA SPLIT?

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



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”.