

FEBRUARY 2023

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

PBJ offered daily

ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Cereal 1	Poptarts 2	Benefit Bar 3
		BBQ Drumstick w/ Roll Corn Dog Steamed Broccoli Baby Carrots	Pizza Spicy or Reg Chicken Sandwich Roasted Zucchini Cucumber Slices	Horseshoe Burger Fish Sandwich French Fries Side Salad
Soft Cinnamon Bar 6	Banana Bread 7	Benefit Bar 8	Poptarts 9	Cereal 10
Disco Fries Cheeseburger Buttery Carrots Cucumber Slices	Country Fried Steak Hot Dog Mashed Potatoes Side Salad	Beef & Cheese Potato Bowl Corn Dog Refried Beans Grape Tomatoes	Pizza Spicy or Reg Chicken Sandwich Steamed Broccoli Baby Carrots	BBQ Pork Sandwich Fish Sandwich French Fries Creamy Ranch Slaw
Blueberry Waffle 13	Cereal 14	Benefit Bar 15	Cinnimini 16	Chocolate Crescent 17
Fish Tacos Cheeseburger Black Beans Sriracha Slaw	Chicken Parmesan Hot Dog Garlic Broccoli Baby Carrots	Chicken Tater Tot Bowl Corn Dog Seasoned Corn Red Pepper Strips	Pizza Spicy or Reg Chicken Sandwich Spicy Carrots Celery Sticks	Riblet Sandwich Fish Sandwich French Fries Green Beans
Pancake Sausage on a Stick 20	Poptarts 21	Chocolate Crescent 22	Cereal 23	Banana Bread 24
Popcorn Chicken Cheeseburger Sweet Potato Green Beans	BBQ Chicken & Cheese Potato Hot Dog Buttery Carrots Celery Sticks	Kickin' Beef, Bean & Rice Bowl Corn Dog Pinto Beans Cajun Slaw	Pizza Spicy or Reg Chicken Sandwich Green Peas Garden Salad	Max Sticks with Marinara Fish Sandwich French Fries Garden Salad
Banana Chocolate Oat Round 27	Cereal 28	<p>Food Service is Hiring!</p> <p>Work While Kids are in School</p> <p>Insurance available – No Nights or Weekends – No Holidays</p> <p>Apply online @ www.aramark.com or email Bwoodring@gccschools.com to set up an interview</p>		
Walking Taco Cheeseburger Black Beans Celery Sticks	Chicken Alfredo Hot Dog Steamed Broccoli Italian Green Beans			

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

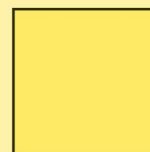
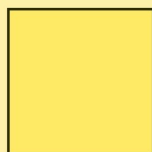
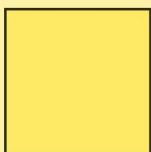
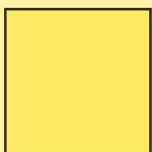
Q. WHAT IS THE EASIEST WAY TO MAKE A BANANA SPLIT?

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



WE ARE A BUNCH OF "HANDS"!

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”.