

# BREAKFAST FEBRUARY 2025



**Pick 2** You can always **Pick 2** for Breakfast in the Cafe

Choose breakfast entrée or Pick TWO\* of the following: cereal, string cheese, fresh fruit, fruit juice or yogurt.


ACE'S CORNER

Milk Available Daily

- 1% White Milk
- 1% Chocolate Milk
- 1% Strawberry Milk



February 14<sup>th</sup> Valentines Day  
February 17<sup>th</sup> Presidents Day  
February 24<sup>th</sup> Make Up Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
	<b>3</b> Sausage Biscuit with Cheese Cocoa Puff Cereal Bar  Cereal/Animal Crackers Orange Fruit Juice	<b>4</b> Breakfast Pizza Trix Cereal Bar  Cereal/Animal Crackers Pear Fruit Juice	<b>5</b> Glazed Cinnamon Roll Banana Nut Muffin  Cereal/Animal Crackers Banana Fruit Juice	<b>6</b> Biscuit & Gravy, Sausage Links Breakfast Smoothie  Cereal/Animal Crackers Apple Fruit Juice
	<b>10</b> Chicken Biscuit with Cheese Pop Tart  Cereal/String Cheese Peaches Fruit Juice	<b>11</b> Breakfast Burrito Cocoa Puff Cereal Bar  Cereal/String Cheese Applesauce Fruit Juice	<b>12</b> French Toast Sticks Trix Cereal Bar  Cereal/String Cheese Banana Fruit Juice	<b>13</b> Strawberry Biscuit Shortcake Muffin  Cereal/String Cheese Orange Fruit Juice
	<b>17</b> Egg & Cheese Sandwich Waffle Blueberry Bash  Cereal/Animal Crackers Fruit Cocktail Fruit Juice	<b>18</b> Pancake Bites Cinni Mini  Cereal/Animal Crackers Pear Fruit Juice	<b>19</b> Glazed Cinnamon Roll Cocoa Puff Cereal Bar  Cereal/Animal Crackers Peaches Fruit Juice	<b>20</b> Biscuit & Gravy, Hashbrowns Cinnamon Toast Crunch Cereal Bar  Cereal/Animal Crackers Applesauce Fruit Juice
<b>24</b> Cheesy Scramble Eggs/Toast Cinnamon Apple Rounds  Cereal/String Cheese Pears Fruit Juice	<b>25</b> Chicken Biscuit Chocolate Eggo Waffle  Cereal/String Cheese Banana Fruit Juice	<b>26</b> Breakfast Pizza Trix Cereal Bar  Cereal/String cheese Orange Fruit Juice	<b>27</b> Donut Holes Pop Tart  Cereal/String Cheese Apple Fruit Juice	<b>28</b> Breakfast Smoothie Waffle Blueberry Bash  Cereal/String Cheese Fruit Cocktail Fruit Juice

# 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

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WE ARE A BUNCH OF "HANDS"!