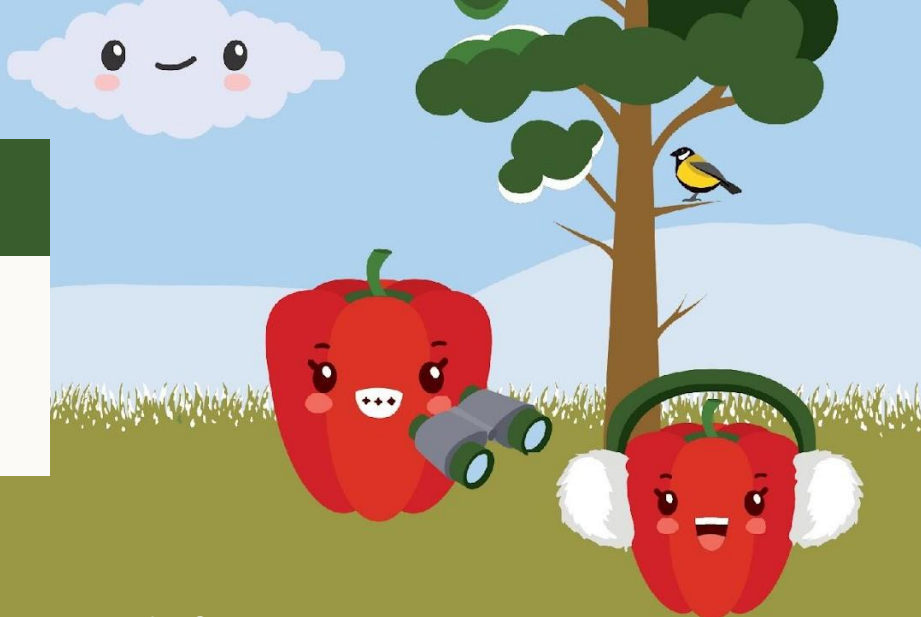


# JANUARY 2022



## Indian Hill Elementary School








\*Menus are subject to change



\*Wow Butter (Soy Based) & Jelly Sandwiches, Yogurt Snack Boats, Milk Varieties and a Colorful Assortment of Fruits & Vegetables Available Daily

Suggestions, comments, or questions? Contact Steve at [Schlimm-STEVEN@aramark.com](mailto:Schlimm-STEVEN@aramark.com) or Cassie at [mcgowan-Cassandra@aramark.com](mailto:mcgowan-Cassandra@aramark.com)

### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p><b>Featured Offerings</b> 3 Orange Chicken &amp; Broccoli with Rice Hot Dog on a Bun <b>Featured Side Items</b> Green Beans Edamame Mixed Fruit</p>	<p><b>Featured Offerings</b> 4 Meatballs &amp; Spaghetti with Breadstick Chicken Tenders <b>Featured Side Items</b> Mixed Vegetables Red Peppers Fruit Punch</p>	<p><b>Featured Offerings</b> 5 BBQ Chicken Tender Sub Chicken Patty on a Bun <b>Featured Side Items</b> Zucchini Sweet Potato Fries Diced Peaches</p>	<p><b>Featured Offerings</b> 6 Breakfast for Lunch! </p>	<p><b>Featured Offerings</b> 7 Pizza Day! Enjoy House-made Pepperoni or Cheese! <b>Featured Side Items</b> Broccoli Orange Juice</p>
<p><b>Featured Offerings</b> 10 Popcorn Chicken Bowl Hot Dog on a Bun <b>Featured Side Items</b> Baked Beans Applesauce Celery Sticks</p>	<p><b>Featured Offerings</b> 11 Chicken Parmesan over Spaghetti Chicken Tenders <b>Featured Side Items</b> Grape Tomatoes Mixed Vegetables Fruit Punch</p>	<p><b>Featured Offerings</b> 12 Beef Soft Tacos with Corn Muffin Chicken Patty on a Bun <b>Featured Side Items</b> Sante Fe Rice Charro Black Beans Sweet Potato Fries Diced Peaches</p>	<p><b>Featured Offerings</b> 13 Breakfast for Lunch! </p>	<p><b>Featured Offerings</b> 14 Pizza Day! Enjoy House-made Pepperoni or Cheese! <b>Featured Side Items</b> Broccoli Orange Juice</p>
<p><b>Enjoy the Day!!</b> 17 </p>	<p><b>Featured Offerings</b> 18 Chicken &amp; Tot Stack with Garlic Bread Chicken Tenders <b>Featured Side Items</b> Mixed Vegetables Fruit Punch</p>	<p><b>Featured Offerings</b> 19 Cheese Stuffed Ravioli with Marinara and Breadstick Chicken Patty on a Bun <b>Featured Side Items</b> Zucchini Red Peppers Diced Peaches</p>	<p><b>Featured Offerings</b> 20 Breakfast for Lunch! </p>	<p><b>Featured Offerings</b> 21 Pizza Day! Enjoy House-made Pepperoni or Cheese! <b>Featured Side Items</b> Broccoli Orange Juice</p>
<p><b>Featured Offerings</b> 24 Sloppy Joe on a Bun Hot Dog on a Bun <b>Featured Side Items</b> Baby Carrots Corn Mixed Fruit</p>	<p><b>Featured Offerings</b> 25 Chicken Corn Dogs with Dinner Roll Chicken Tenders <b>Featured Side Items</b> Green Beans Red Peppers Fruit Punch</p>	<p><b>Featured Offerings</b> 26 House-made Lasagna &amp; Breadstick Chicken Patty on a Bun <b>Featured Side Items</b> Broccoli Applesauce Celery Sticks</p>	<p><b>Featured Offerings</b> 27 Breakfast for Lunch! </p>	<p><b>Featured Offerings</b> 28 Pizza Day! Enjoy House-made Pepperoni or Cheese! <b>Featured Side Items</b> Broccoli Orange Juice</p>
<p><b>Featured Offerings</b> 31 Country Fried Steak with Gravy &amp; Biscuit Hot Dog on a Bun <b>Featured Side Items</b> Mashed Potatoes Grape Tomatoes Mixed Fruit</p>	<p><b>Featured Offerings</b> 1 Meatball Hoagie Chicken Tenders <b>Featured Side Items</b> Tater Tots Applesauce Celery Sticks </p>	<p><b>Featured Offerings</b> 2 House-made Chicken &amp; Noodles with a Biscuit Chicken Patty on a Bun <b>Featured Side Items</b> Corn Red Peppers Diced Peaches</p>	<p><b>Featured Offerings</b> 3 Breakfast for Lunch! </p>	<p><b>Featured Offerings</b> 4 Pizza Day! Enjoy House-made Pepperoni or Cheese! <b>Featured Side Items</b> Broccoli Orange Juice</p>

# WELCOME TO THE PEP RALLY

Red bell peppers are a member of the capsicum annuum family. Perfect for January's chili weather, red peppers provide just the right sweetness and crunch, unlike other peppers whose intensity can be overpowering. Bell peppers are different from many of their relatives because they don't have capsaicin, the compound that makes certain peppers hot and spicy. Red peppers can be prepared raw, cooked, roasted, or pickled. Eating them can have several health benefits, such as improved eye health and reduced risk of several chronic diseases. Red peppers also boast four times the vitamin C of an orange, making them sure to add some pep to your step.

## DID YOU KNOW?

### SOME THINGS GET SWEETER WITH TIME...

Red bell peppers are actually just fully ripened green bell peppers, which is why they are sweeter in taste.

### SEED WHAT I MEAN?

While bell peppers are commonly called vegetables, they are technically classified as fruits since they are produced from a flowering plant and contain seeds.

## ACE'S JOKE OF THE MONTH

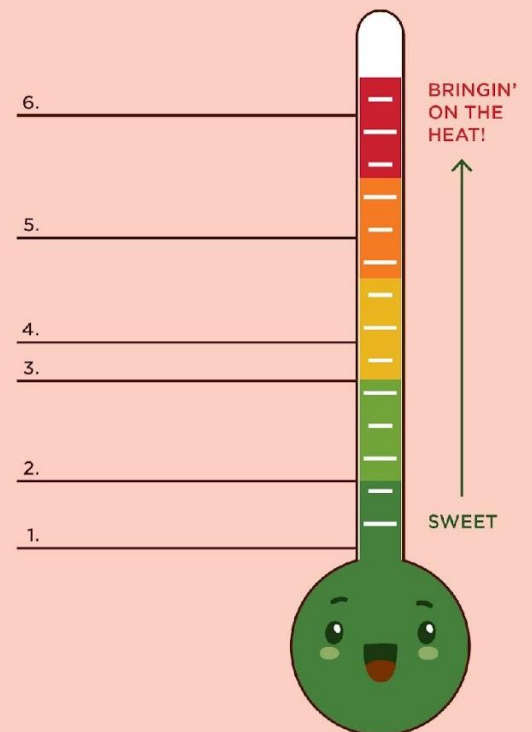
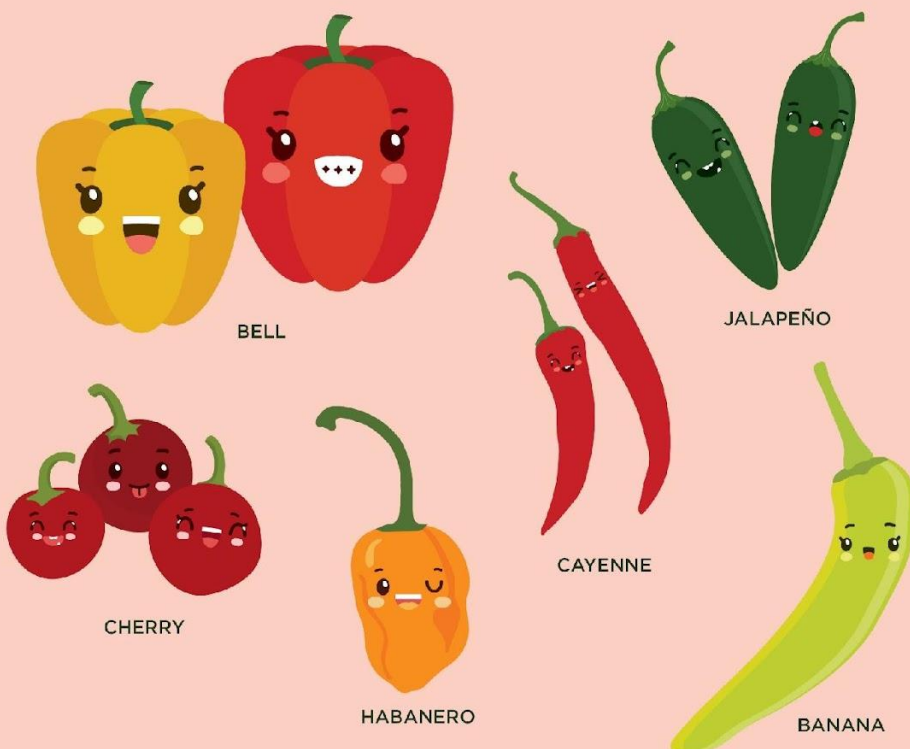


### Q. WHY DID THE TOMATO GO OUT WITH A PRUNE?

SEE ANSWER BELOW

## ACTIVITY: SPICE AS NICE

Peppers have a range of flavors. On the thermometer, rank these peppers from sweet to bringin' on the heat!



JOKE ANSWER: Because he couldn't find a date.  
 ACTIVITY ANSWER: 1. Bell; 2. Banana; 3. Cherry; 4. Jalapeño; 5. Cayenne; 6. Habanero.