



# DECEMBER 2022

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

Choose breakfast entrée or Pick TWO\* of the following: cereal, string cheese, muffin, cracker or yogurt



ACE'S CORNER

**Breakfast Prices**    **Lunch Prices**  
 Paid: \$1.70            Paid: \$2.90  
 Reduced: \$0.30        Reduced: \$0.40  
 Adult: \$3.65



1% White Milk & FF Chocolate Milk Offered Daily

Vegetarian entrees have an \*

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Holiday Christmas Sweater</b> for students and staff on <b>December 16<sup>th</sup></b></p>		Scrambled Eggs w/ Toast <b>1</b> Nachos Cheeseburger on Bun Two Cheese Salad w/B* Steamed Broccoli, Fresh Green Pepper Strips, Fresh Banana, Applesauce	Pancakes w/ Syrup <b>2</b> Cheese Pizza* Chicken Patty on Bun Pretzel, Yogurt & Cheese Plate* Baked Beans, Fresh Romaine, Variety Fresh Fruit
Breakfast Pizza <b>5</b> Horseshoe w/B Corn Dog Cheese Pizza Lunchable* Golden Corn, Tomato Wedges, Whole Apple, Fruit Mix	Sausage & Cheese Biscuit <b>6</b> Pancakes w/ Sausage Chicken Patty on Bun PB&J w/ String Cheese* Tater Tots, Fresh Broccoli, Orange Wedges, Sour Applesauce	French Toast Sticks <b>7</b> Meatball Sub BBQ Rib on Bun Popcorn Chicken Salad w/B Baked Beans, Fresh Cucumber Slices, 100% Juice, Whole Apple	Cocoa Cinn Donut Holes <b>8</b> Orange CHICK & Broccoli w/Rice Cheeseburger on Bun Nacho Salad w/ Tortilla Chips <b>Free Brownie</b> Green Beans, Fresh Baby Carrots, Fresh Banana, Rosy Applesauce	Pancake on a Stick <b>9</b> Cheese Pizza* Fish Sticks w/B Muffin, Yogurt & Cheese Plate* Steamed Broccoli, Fresh Romaine, Variety Fresh Fruit
Pancakes w/ Syrup <b>12</b> Salisbury Steak & Gravy w/B Hot Dog on Bun Ham & Cheese Sandwich Mashed Potatoes, Fresh Broccoli, Whole Apple, Fruit Mix	Scrambled Eggs w/ Toast <b>13</b> <i>Buffalo Chicken Meatball Mac n' Cheese Bowl</i> Cheeseburger on Bun PB&J w/ String Cheese* Steamed Carrots, Fresh Red Pepper Strips, Orange Wedges, Diced Pears	Pancake on a Stick <b>14</b> Pizza Sticks w/ Sauce* Chicken Nuggets w/B Ham & Cheese Lunchable Tater Tots, Fresh Cucumber Slices, 100% Juice, Diced Peaches	Powder Sugar Donut Holes <b>15</b> <i>Buffalo Chicken Meatball Mac n' Cheese Bowl</i> Corn Dog Strawberry Parfait w/ B Baked Beans, Fresh Green Pepper Strips, Fresh Banana, Watermelon Craisins	Biscuits & Sausage Gravy <b>16</b> Cheese Pizza* Chicken Patty on Bun Pretzel, Yogurt & Cheese Plate* Golden Corn, Variety Vegetable, Variety Fruit
Chef's Choice <b>19</b> French Toast Sticks w/ Sausage Cheeseburger on Bun Cheese Pizza Lunchable* Tater Tots, Variety Vegetable, Variety Fruit	Chef's Choice <b>20</b> Pasta w/ Meat Sauce w/B Cheese Quesadilla* PB&J w/ String Cheese* <b>Ace Giveaway</b> Variety Vegetable, Variety Fruit	Chef's Choice <b>21</b> Chicken Nuggets w/B Hot Dog on Bun Ham & Cheese Sandwich Variety Vegetable, Variety Fruit	<b>Special Offer</b> <b>22</b>  CELEBRATE THE HOLIDAY SEASON WITH THE MOST DELICIOUS BUFFALO CHICKEN MEATBALL MAC & CHEESE BOWL. WITH TATER TOTS, FRESH BROCCOLI, AND CRISPY BREAD CRUMBS.	<p><b>Now Hiring!!</b>                      Food Service is Hiring!  <b>Work While Kids are in School</b>                      Great Benefits                      Apply online @  <a href="http://www.aramark.com">www.aramark.com</a></p>
				

# Happy Holidays

# RED-Y FOR WINTER

Did you know the color red visually triggers appetite? Vibrant red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include tomatoes, kidney beans, cranberries, and pomegranates. On top of these impressive benefits, some red foods are used as dyes.

## DISCOVER: BEETS

Beets are an edible taproot that can be steamed, fried, pickled, juiced, boiled, slow cooked, or eaten raw. In season November through late January, beets are an excellent source of folate, vitamins A and K, fiber, and potassium.



**STRAWBERRIES:** Loaded with vitamin C, folate, & antioxidants  
**Peak Season:** Apr. - Jun.

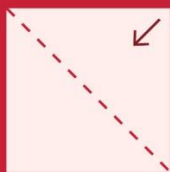
**RED PEPPERS:** Hearty dose of vitamin C, fiber, & protein  
**Peak Season:** Jul. - Sep.



**RADISHES:** Bursting with fiber, potassium, & folate  
**Peak Season:** Feb. - Apr.

## CHALLENGE OF THE MONTH: CREATE A WINTER WONDERLAND

Paper snowflakes are the perfect way to turn your home into a winter wonderland. Since each snowflake is different, try putting unique patterns as you cut your snowflakes.



1. Begin with a square piece of paper.

2. Fold it in half to create a large triangle.



3. Fold it in half again to make a smaller triangle.



4. Cut a variety of shapes into the sides of the triangle.



5. Open the cut triangle and you will have a square paper snowflake.



## ACE'S RECIPE OF THE MONTH:

### BEET HUMMUS\*

Serves 3



#### INGREDIENTS:

- 1 14.5-oz can chickpeas, drained, rinsed, and patted dry
- 1/2 cup boiled beets (preparation below)
- 1/4 cup plain whole-milk yogurt
- Juice of 1/2 lemon
- 1 tablespoon tahini
- 1/4 teaspoon salt

#### BOILED BEETS PREPARATION:

1. Fill a pot with water and a pinch of salt and bring it to a boil. Add beets and boil for 20 to 40 minutes, until tender.
2. Rinse boiled beets in cool water and peel.

*Note: Be sure to clean any beet juice spills on counters or clothes right away to avoid stains.*

#### HUMMUS PREPARATION:

1. Place all ingredients into a blender and puree until very smooth.
2. Enjoy on toast, crackers, or as a fresh veggie dip.
3. Store in an airtight container in the fridge for up to 5 days.

**\*DO NOT cook, blend, or chop without adult supervision.**