

# DECEMBER 2023

**Breakfast & lunch are FREE for all students!**

Please complete an Education Benefits Form by visiting [fraser.familyportal.cloud](https://fraser.familyportal.cloud).



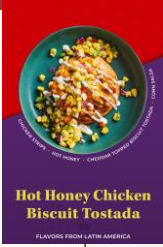
ACE'S CORNER

Offered Daily at Lunch –  
C. Soybutter & Jelly Sandwich Meal  
D. Cheese Sandwich

Hot vegetable or fruit is written in green.

Visit the fresh fruit & vegetable bar available daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>December's Limited Time Menu Item →</p>  <p><b>Hot Honey Chicken Biscuit Tostada</b> FLAVORS FROM LATIN AMERICA</p>				<p>French Toast BeneFIT Bar Banana</p> <hr/> <p>Half Day No Lunch</p>
<p>Cereal Bowl Cheez-It Crackers Apple Slices</p> <hr/> <p>A. Cheese Quesadilla B. Diced Chicken Salad &amp; Dinner Roll</p> <p><b>Black Beans</b></p> <p><b>4</b></p>	<p>Pumpkin Bread Slice Fresh Pear</p> <hr/> <p>A. Chicken Patty Sandwich B. Chicken Ham Sandwich</p> <p><b>Chocolate Chip Cookie</b> <b>Tater Tots</b></p> <p><i>National Cookie Day</i></p> <p><b>5</b></p>	<p>Mini Cream Cheese Bagels Applesauce Cup</p> <hr/> <p>A. Mini Pancakes &amp; Turkey Sausage Links B. Italian Salad &amp; Dinner Roll</p> <p><b>Warm Cinnamon Peaches</b></p> <p><b>6</b></p>	<p>Pop-Tart Yogurt Cup Banana</p> <hr/> <p>A. Beef Soft Tacos B. Turkey &amp; Cheese Sandwich</p> <p><b>Sweet Golden Corn</b></p> <p><b>7</b></p>	<p>Blueberry Bread Slice Strawberry Craisins</p> <hr/> <p>A. French Bread Cheese Pizza B. Egg Chef Salad &amp; Dinner Roll</p> <p><b>Steamed Cauliflower</b></p> <p><b>8</b></p>
<p>Cereal Bar Tiger Bite Crackers Raisins</p> <hr/> <p>A. Sweet &amp; Sour Chicken with Rice B. Chicken Ham Chef Salad</p> <p><b>Steamed Broccoli</b></p> <p><b>11</b></p>	<p>Oatmeal Chocolate Chip BeneFIT Bar Strawberry Cup</p> <hr/> <p>A. Bacon Cheeseburger B. Popcorn Chicken Salad &amp; Dinner Roll</p> <p><b>Baked Beans</b></p> <p><b>12</b></p>	<p>Mini Donuts Applesauce Cup</p> <hr/> <p>A. Hot Honey Chicken Biscuit Tostada B. Yogurt &amp; Cheese Lunch Pack</p> <p><b>Sweet Golden Corn</b></p> <p><i>Limited Time Menu Item</i></p> <p><b>13</b></p>	<p>Nutri-Grain Bar Cheese Cubes Fresh Banana</p> <hr/> <p>A. Bosco Cheese Sticks &amp; Marinara Sauce B. Turkey &amp; Cheese Sub</p> <p><b>Sliced Carrots</b></p> <p><b>14</b></p>	<p>UBR Chocolate Chip Breakfast Round Diced Peach Cup</p> <hr/> <p>A. Cheese Pizza (Round) B. Baja Veggie Salad &amp; Dinner Roll</p> <p><b>Mixed Vegetables</b></p> <p><b>15</b></p>
<p>Cereal Bowl Graham Crackers Apple Slices</p> <hr/> <p>A. Crispy Fish Sticks &amp; Cheez-It Crackers B. Turkey &amp; Cheese Sub</p> <p><b>French Fries</b></p> <p><b>18</b></p>	<p>Mini Cinnis Mixed Berry Fruit Cup</p> <hr/> <p>A. Mozzarella Cheese Sticks &amp; Marinara Sauce B. Chicken Ham Chef Salad &amp; Dinner Roll</p> <p><b>Steamed Baby Carrots</b></p> <p><b>19</b></p>	<p>Lemon Bread Slice Applesauce Cup</p> <hr/> <p>A. Macaroni &amp; Cheese with a Dinner Roll B. Chicken Ham &amp; Cheese Sub</p> <p><b>Baked Beans</b></p> <p><b>20</b></p>	<p>Mini Blueberry Waffles Fresh Pear</p> <hr/> <p>A. Mini Chicken Corn Dogs B. Turkey Chef Salad &amp; Dinner Roll</p> <p><b>Rainbow Vegetable Blend</b></p> <p><i>Have a great break!</i></p> <p><b>21</b></p>	<p>Mini Donuts Strawberry Craisins</p> <hr/> <p>A. All Beef Pepperoni Calzone B. Popcorn Chicken Salad &amp; Dinner Roll</p> <p><b>Candy Cane Sugar Cookie</b> <b>Roasted Cauliflower</b></p> <p><b>22</b></p>
<p>No School Winter Break</p> <p><b>25</b></p>	<p>No School Winter Break</p> <p><b>26</b></p>	<p>No School Winter Break</p> <p><b>27</b></p>	<p>No School Winter Break</p> <p><b>28</b></p>	<p>No School Winter Break</p> <p><b>29</b></p>

# 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.**