

DECEMBER 2024

One complete breakfast and lunch is FREE daily for each student!

Breakfast & lunch include your choice of 1% or fat free flavored or unflavored milk.

****Menus are subject to change.**

ACE'S CORNER



Soybutter & Jelly Sandwich Meal & Cheese Sandwich are offered at lunch daily.

The fresh fruit & vegetable bar is available daily with all entrée choices!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal & Tiger Bites 2 Strawberry Craisins & 100% Fruit Juice <hr/> A. Hot Dog on a Bun B. Turkey & Cheese Sub Baked Beans	Mini Cinnis 3 Berry Fruit Cup & 100% Fruit Juice <hr/> A. Bosco Cheese Sticks & Marinara Sauce B. Breaded Chicken Caesar Salad & Dinner Roll Roasted Baby Carrots	Lemon Bread Slice 4 Applesauce Cup & 100% Fruit Juice <hr/> A. Cheeseburger on a Bun with Pickles & Signature Sauce B. Pretzel, Yogurt & Cheese Pack Baked Beans	Trix Mini French Toast 5 Banana & 100% Fruit Juice <hr/> Half Day No Lunch	Celebration BeneFIT Bar 6 Apple Slices & 100% Fruit Juice <hr/> Half Day No Lunch
Cereal & Tiger Bites 9 Apple Slices & 100% Fruit Juice <hr/> A. Crispy Fish Sticks & Cheez-It Crackers B. Apple, Yogurt & Cheese Plate French Fries	Bagel with Cream Cheese 10 Strawberry Fruit Cup & 100% Fruit Juice <hr/> A. Chicken Tenders & Fresh Baked Ripstick B. Turkey & Cheese Sandwich Sweet Golden Corn	Banana Chocolate Chunk 11 BeneFIT Bar Applesauce Cup & 100% Fruit Juice <hr/> A. Chicken Dumplings & Egg Fried Rice B. Apple, Yogurt & Cheese Plate Peas & Carrots	Cherry Frudel 12 Banana & 100% Fruit Juice <hr/> A. French Toast Sticks & Turkey Sausage Patties with Syrup B. Popcorn Chicken Salad & Dinner Roll Tater Tots	Strawberry Pop-tart & String Cheese 13 Strawberry Craisins & 100% Fruit Juice <hr/> A. Personal Cheese Pizza with Jerk Chicken <small>Limited Time Menu Item!</small> B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli
Cereal & Graham Crackers 16 Apple Slices & 100% Fruit Juice <hr/> A. Mini Chicken Corn Dogs & Cheez-It Crackers B. Turkey & Cheese Sub Potato Wedge Fries	Mini Maple Pancakes 17 Peach Cup & 100% Fruit Juice <hr/> A. Pineapple Glazed Turkey Ham & Dinner Roll B. Breaded Chicken Caesar Salad & Dinner Roll Mashed Sweet Potatoes <small>Holiday Meal!</small>	Pumpkin Bread Slice 18 Applesauce Cup & 100% Fruit Juice <hr/> A. Popcorn Chicken Bowl B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli	Chocolate Chip UBR Bar 19 Banana & 100% Fruit Juice <hr/> A. Macaroni n' Cheese & Fresh Baked Ripstick B. Turkey Chef Salad & Dinner Roll Baked Beans	French Toast BeneFit Bar 20 Strawberry Craisins & 100% Fruit Juice <hr/> A. French Bread Cheese Pizza B. Apple, Yogurt & Cheese Plate Rainbow Vegetable Blend
No School Winter Break 23	No School Winter Break 24	No School Winter Break 25	No School Winter Break 26	No School Winter Break 27
No School Winter Break 30	No School Winter Break 31			

BLUE-TIFUL PRODUCE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, blue foods may also offer anti-inflammatory and antiviral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blue potatoes, and blue tomatoes.

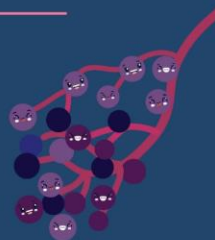
DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



BLACKBERRIES: Loaded with antioxidants, fiber, & vitamin C
Peak Season: Jun.-Aug.

ELDERBERRIES: Hearty dose of calcium, iron, & potassium
Peak Season: Aug.-Sept.



BLUE CORN:
Bursting with anthocyanin & protein
Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: CREATE A VEGGIE SNOWMAN

Create a vegetable snowman using real fruits and vegetables or pictures of fruits or vegetables.

TIP: If using real produce, use toothpicks to help the snowman stand up. Ask an adult to help cut vegetable slices. Once complete, enjoy your healthy snack!



HINT: This snowman was made with cauliflower and one large carrot. Use your favorite herbs or carrot top for arms.



ACE'S RECIPE OF THE MONTH:

MY, OH MY, BLUEBERRY PIE OATMEAL*

Serves 2

INGREDIENTS:

- 1 cup frozen blueberries
- 1 tbsp. water
- 1 tbsp. honey
- 1/4 tsp. vanilla extract
- 1 pinch of salt
- 1/2 tsp. cornstarch
- 1 cup dried oats
- 2 cups of milk



PREPARATION:

1. In a small saucepan, combine the blueberries, water, honey, vanilla extract, and pinch of salt. Stir to combine, then sprinkle on the cornstarch and mix evenly.
2. Bring to a boil, then let simmer for 5 minutes, or until thickened into a compote.
3. While compote is cooking, boil the milk in a separate saucepan; once boiling, add in the oats and reduce the heat to medium. Let cook for 1 minute then remove from heat and let sit, covered, for 2-3 minutes.
4. Serve the compote on top of oatmeal and top with any additional ingredients your heart desires such as nuts, powdered sugar, or raisins and enjoy!

***DO NOT attempt to cook without adult supervision.**