

DECEMBER 20



Lunch Prices
Student: \$2.95
Adult: \$4.00

All reimbursable lunches MUST include a fruit, vegetable or 100% vegetable juice and MAY include 1% or skim chocolate milk

ACE'S CORNER

Available Everyday

Sunbutter & Jelly
Sandwich
& a cheese stick

Bagel Fun Lunch
Bagel, Yogurt & Cheese Stick

Chicken Caesar Salad
w/ Dinner Roll

Cups and drinking water available in every cafeteria



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Penne Alfredo ¹ Green Beans Garlic Knot Pink Grapefruit Hot Weekly Special: Beef Meatball Parmesan Sub	Soft Beef Tacos ² Campfire Pinto Beans Gala Apple Hot Weekly Special: Beef Meatball Parmesan Sub	Chicken Quesadilla ³ Tomato Salsa Corn on the Cob Grapes Cold Weekly Special: Blueberry Greek Yogurt Parfait w/ Granola	Pancakes ⁴ Turkey Sausage Sweet Potato Fries Orange Smiles Hot Weekly Special: Beef Meatball Parmesan Sub	Cheese Pizza ⁵ Pepperoni Pizza Romaine Side Salad Honeydew Cold Weekly Special: Blueberry Greek Yogurt Parfait w/ Granola
Spaghetti & Meatballs With ⁸ Marinara Breadstick Roasted Broccoli Pear Hot Weekly Special: Chicken Tenders w/ WG Dinner Roll	Chicken Nachos ⁹ Steamed Rice Charro Black Beans Cantaloupe Hot Weekly Special: Chicken Tenders w/ WG Dinner Roll	Waffles ¹⁰ Turkey Sausage Tater Tots Orange Slices Cold Weekly Special: Turkey & Cheese Sandwich on WG Bread	EARLY DISMISSAL ¹¹ Bagel Fun Lunch OR Sunbutter & Jelly OR Chicken Tenders w/ WG Dinner Roll Fresh Fruit & Carrots Cold Weekly Special: Turkey & Cheese Sandwich on WG Bread	Pepperoni Pizza ¹² Cheese Pizza Green Beans Red Delicious Apple Cold Weekly Special: Turkey & Cheese Sandwich on WG Bread
Macaroni & Cheese ¹⁵ Dinner Roll Corn Nibbles Grapes Hot Weekly Special: Hamburger or Cheeseburger on WG Bun	Bean, Cilantro Rice & ¹⁶ Cheese Burrito Charro Black Beans Melon Hot Weekly Special: Hamburger or Cheeseburger on WG Bun	Chicken Dumplings ¹⁷ Steamed Rice Snap Peas Orange Slices Cold Weekly Special: Turkey & Cheese Sandwich on WG Bread	French Toast Sticks ¹⁸ Turkey Sausage Sweet Potato Fries Apple Cold Weekly Special: Turkey & Cheese Sandwich on WG Bread	Cheese Stuffed Breadsticks ¹⁹ w/ Marinara Sauce Romaine Side Salad Pear Cold Weekly Special: Turkey & Cheese Sandwich on WG Bread
²² Chicken Tenders Dinner Roll Potato Smiles Apple	²³ EARLY DISMISSAL Bagel Fun Lunch OR Sunbutter & Jelly OR Turkey & Cheese Sandwich Fresh Fruit & Carrots	²⁴	²⁵	²⁶
²⁹ 	³⁰ 	³¹ 	¹ 	²

**WINTER RECESS
NO SCHOOL**

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.**