

DECEMBER 2024



PICK 2 You can always **Pick 2** for Breakfast in the Café (No Charge)

Offered Daily at Lunch:

- B. Cool Kids Bag (Yogurt, String Cheese, Muffin & Cheez-its)
- C. Chef's Salad w/ Turkey, Muffin & Cheez-its
- D. EZ Soy Butter & Jelly Jammer, String Cheese & Cheez-its
- E. Chicken Popper Salad & Graham Cracker

Single Milk: .75 cents

PREORDER ONLY: Second Slice of Pizza \$2.00



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Nuggets Whole Grain Roll Green Beans	3 Domino's Pizza Slice! Spinach & Romaine Salad	4 Beef Nachos Ground beef with cheese sauce & tortilla chips Corn & Salsa Cup	5 Mini Confetti Pancakes w/ Turkey Sausage Patty 100% V-Juice	6 Cheeseburger on a Whole Grain Bun Baked Beans
9 Chicken Tenders Whole Grain Roll Green Beans	10 Domino's Pizza Slice! Spinach & Romaine Salad	11 Walking Taco Seasoned Black Beans Salsa Cup	12 Mini French Toast w/ Turkey Sausage Patty 100% V-Juice	13 Bosco Cheese Sticks w/ Marinara Dipping Sauce Carrot Coins
16 Chicken Patty Sandwich on a Whole Grain Bun Green Beans	17 Domino's Pizza Slice! Spinach & Romaine Salad	18 Chicken & Cheese Quesadilla Seasoned Black Beans Salsa Cup	19 Sweet & Sour Chicken over Brown Rice Carrot Coins	20 Mighty Chicken Corn Dog Tater Tots
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School	1 No School	2 No School	3 No School

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.

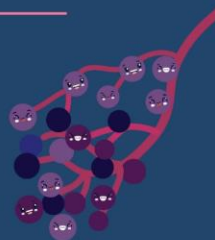
DISCOVER: BLUEBERRY

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.**