

# DECEMBER 2023



ACE'S CORNER

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

All lunches MUST include a fruit, vegetable or 100% fruit juice (Offered 2 days/week) and MAY include 1% or skim chocolate milk

Available Everyday:  
 Sunbutter & Jelly sandwich on WG bread served with a cheese stick

WG Bagel served with a cheese stick & low fat yogurt

aramark



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 WG Penne Pasta w/ Marinara & Meatballs Green Beans WG Breadstick Fresh Fruit Hormone Free Milk  Week 1 Weekly Special	5 Beef Nachos Kickin' Pinto Beans Fresh Fruit Hormone Free Milk  <i>Hot: Cheese &amp; Bean Quesadilla</i>	6 BBQ Cheddar Chicken Tender Melt Sweet Potato Fries Fresh Fruit Hormone Free Milk  <i>Cold: Turkey &amp; American</i>	7 Honey Stung Popcorn Chicken Steamed Broccoli Fresh Fruit Hormone Free Milk  Chinese Sandwich on WG Bread	8 Cheese or BBQ Chicken Pizza Steamed Corn Fresh Fruit Hormone Free Milk
11 Penne & Parsley Pasta with Chicken Broccoli Fresh Fruit Hormone Free Milk  Week 2 Weekly Special	12 Fajita Chicken Soft Tacos Roasted Zucchini & Squash Fresh Fruit Hormone Free Milk  <i>Hot: Meatball Grinder on WG Bun</i>	13 Hamburger or Cheeseburger Baked French Fries Fresh Fruit Hormone Free Milk  <i>Cold: Apple Cheddar Salad with WG Dinner</i>	14 Mini Maple Waffles Turkey Sausage Patty Cinnamon Sweet Potato Fresh Fruit Hormone Free Milk	15 Cheese or Pepperoni Pizza Warm Garbanzo Beans Fresh Fruit Hormone Free Milk  Roll
18 WG Mac & Cheese Steamed Broccoli Fresh Fruit Hormone Free Milk  Week 2 Weekly Special	19 Beef Twin Tacos BBQ Black Beans Fresh Fruit Hormone Free Milk  <i>Hot: Hamburger or Cheeseburger on WG Bun</i>	20 Chicken Tenders Baked French Fries Fresh Fruit Hormone Free Milk  <i>Cold: Berry Parfait with Granola</i>	21 Grilled Cheese Melt Tomato Soup Steamed Zucchini & Squash Fresh Fruit Hormone Free Milk  & Cheese Stick	22 <b>EARLY DISMISSAL</b> Bagel or Cereal Fun Lunch Baby Carrots Hormone Free Milk
25	26	27	28	29
<b>WINTER RECESS – SCHOOL CLOSED</b>				

# 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.

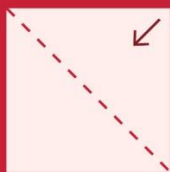
**RED PEPPERS:** Hearty dose of vitamin C, fiber, & protein  
**Peak Season:** Jul. - Sep.



**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.**