

# DECEMBER 2023 Breakfast

Dec 21<sup>st</sup> - Jan 2<sup>nd</sup> No School  
Winter Break



ACE'S CORNER

Available Daily  
1% White Milk  
1% Chocolate Milk



Stay on the Nice List!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 Biscuits & Gravy Sausage Patty Yogurt Parfait/Cinnamon Graham Cereal/String Cheese Grapes Juice
04	05 Country Chicken Biscuit Blueberry Pop Tart Cereal/Goldfish Pretzel Orange Juice	06 Glazed Cinnamon Roll Strawberry Cream Cheese Bagel Cereal/Goldfish Pretzel Pear Juice	07 Pancake Sausage Bites Cocoa Puffs Cereal Bar Cereal/Goldfish Pretzel Banana Juice	08 Biscuits & Gravy Hash Brown Patty Yogurt Parfait/Cinnamon Graham Cereal/Goldfish Pretzel Grapes Juice
11	12 Sausage and Cheese Bagel Blueberry Muffin Cereal/String Cheese Orange Juice	13 French Toast Sticks Cinnamon Apple Breakfast Round Cereal/String Cheese Pear Juice	14 Donut Holes Bagel / Cream cheese Cereal/String Cheese Banana Juice	15 Biscuits & Gravy Sausage Links Yogurt Parfait/Cinnamon Graham Cereal/Cheese Cubes Grapes Juice
18 Pancake on a Stick Banana Chocolate Chip Muffin Cereal/Animal Cracker Apple Juice	19 Egg & Cheese English Muffin Strawberry Pop Tart Cereal/ Animal Cracker Orange Juice	20 Breakfast Pizza Strawberry Cream Cheese Bagel Cereal/ Animal Cracker Pear Juice	21 No School-Winter Break	22 No School-Winter Break
25 Merry Christmas 	26 No School-Winter Break	27 No School-Winter Break	28 No School-Winter Break	29 No School-Winter Break

# MOUSSAKA TO MY EARS

Eggplant is an essential part of moussaka, a classic Mediterranean dish. What we call eggplant (*solanum melongena*) goes by several different names depending where you are in the world. Some of these names include brinjal in India, berenjena in Spanish-speaking countries, patlican in Turkey, aubergine in the UK, and melanzane in Italy. There are over 770 varieties of eggplant, including the small white egg shaped variety, which gave the fruit its name back in the 18th century. While related to tomatoes and potatoes and best prepared as a vegetable, eggplant is actually classified as a berry. Eggplant is rich source of dietary fibers, vitamins C, K, and B, and minerals such as copper, phosphorus, and magnesium. Eggplant is a delicious dish when grilled, baked, boiled, stuffed, or combined with meat and vegetables, but can lead to stomachaches when eaten raw.

## ACTIVITY: PURPLE PEOPLE PLEASERS

Find the following purple-hued fruits and veggies in the word puzzle below.

1. Grapes
2. Fig
3. Passion Fruit
4. Eggplant
5. Plum
6. Cabbage
7. Beets
8. Açai
9. Currant
10. Cauliflower



B	Y	K	P	X	R	A	E	T	C	A	B	B	A	G	E	U	V
Z	E	L	T	D	S	I	G	E	A	L	H	E	T	R	O	L	O
R	E	E	S	C	J	O	L	C	U	T	I	S	L	A	P	Y	L
L	A	G	T	T	R	N	Y	A	L	S	Q	L	V	P	R	T	O
O	T	G	E	S	U	M	I	M	I	E	R	L	I	E	K	E	C
U	A	P	A	S	S	I	O	N	F	R	U	I	T	S	U	E	U
B	I	L	C	V	E	T	P	Q	L	L	A	U	B	I	N	R	R
B	C	A	H	O	A	F	A	U	O	J	K	R	G	G	B	X	R
O	Q	N	E	L	C	T	B	A	W	R	B	F	M	G	U	C	A
R	U	T	Y	U	A	C	R	Z	E	W	S	L	I	U	W	O	N
B	G	L	I	P	I	E	E	K	R	H	D	F	S	D	L	D	T
I	P	D	X	T	C	A	N	Y	T	P	L	U	M	A	H	I	M

## ACE'S JOKE OF THE MONTH



Q. WHAT EGG IS GREAT FRIED BUT NEVER SCRAMBLED?

SEE ANSWER BELOW

## DID YOU KNOW?

### SHADY CONNECTIONS

As part of the nightshade family, eggplant was once believed to be extremely poisonous.



### TINCTURE OF HEALTH

Juice made from the leaves and roots of eggplant can be used to treat throat and stomach disorders, cough, asthma, toothache, rheumatism, and skin problems.

