

DECEMBER 2023 Lunch

Dec 21st - Jan 2nd - No School
Winter Break



ACE'S CORNER

Available Daily
1% White Milk
1% Chocolate Milk



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								Sausage Pizza Cheese Pizza Salad Bar Roasted Broccoli Red Peppers Diced Pears Juice	01
	04		05		06		07		08
		Cheesy Nachos Cheese Pizzadilla Salad Bar Black Beans & Corn Cucumbers Diced Pears Juice		Chicken Patty Mini Corn Dogs Salad Bar Mashed Potatoes & Gravy Green Beans Sliced Peaches Juice		Mac & Cheese Hot Dog on a Bun Salad Bar French Fries Baby Carrots Applesauce Juice		Pepperoni Pizza Cheese Pizza Salad Bar Peas & Carrots Red Peppers Diced Pears Juice	
	11		12		13		14		15
		Walking Nachos Italian Sausage Quesadilla Salad Bar Refried Beans Salad Diced Pears Juice		Chicken Patty on a Bun Cheeseburger Salad Bar Tater Tots Celery Diced Peaches Juice		Creamy Cavatappi Pasta Turkey Sub Salad Bar Corn Red Peppers Applesauce Juice		(LTO) Limited Time Offer Hot Honey Chicken Biscuit Tostada Cheese Pizza Salad Bar Baked Beans Sliced Apples Juice	
	18		19		20		21		22
Chicken Strips Mini Corn Dogs Salad Bar Green Beans Red peppers Mixed Fruit Juice		Spicy Doritos Nachos Cheese Quesadilla Salad Bar Kickin' Pintos Broccoli Diced Pears Juice		Chicken Patty State Fair Corn Dog Salad Bar Mashed Potatoes & Gravy Buttered Corn Diced Peaches Juice		No School-Winter Break		No School-Winter Break	
Merry Christmas 	25		26		27		28		29
		No School-Winter Break		No School-Winter Break		No School-Winter Break		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



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.

