

DECEMBER 2023 Lunch



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

Available Daily 1% White Milk 1% Chocolate Milk



1% Chocolate Milk MONDAY	TUESDAY		WEDNESDAY		THURSDAY	FRIDAY			
						Sausage Pizza Cheese Pizza Salad Bar Roasted Broccoli Red Peppers Diced Pears Juice			
04	Cheesy Nachos Cheese Pizzadilla Salad Bar Black Beans & Corn Cucumbers Diced Pears Juice	05	Chicken Patty Mini Corn Dogs Salad Bar Mashed Potatoes & Gravy Green Beans Sliced Peaches Juice	06	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	Walking Nachos Italian Sausage Quesadilla Salad Bar Refried Beans Salad Diced Pears Juice	12	Chicken Patty on a Bun Cheeseburger Salad Bar Tater Tots Celery Diced Peaches Juice	13	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			
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	19	Chicken Patty State Fair Corn Dog Salad Bar Mashed Potatoes & Gravy Buttered Corn Diced Peaches Juice	20	21 No School-Winter Break	No School-Winter Break			
Merry Christmas	No School-Winter Break	26	No School-Winter Break	27	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. Açaí
- 9. Currant

10. Cauliflower



ACE'S JOKE OF THE MONTH



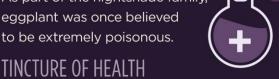
Q. WHAT EGG IS GREAT FRIED BUT NEVER SCRAMBLED?

SEE ANSWER BELOW

DID YOU KNOW?

SHADY CONNECTIONS

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



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.



В	Y	K	Р	X	R	Α	E	Т	C	Α	В	В	Α	G	Ε	U	V
Z	Ε	L	Т	D	S	1	G	Ε	Α	L	Н	Ε	Т	R	0	L	0
R	Ε	Ε	S	C	J	0	L	C	U	Т	1	S	L	Α	P	Υ	L
L	Α	G	Τ	Τ	R	Ν	Υ	Α	L	S	Q	L	V	P	R	Т	0
0	Τ	G	Ε	S	U	M	- 1	Μ	- 1	Ε	R	L	-1	Ε	K	Е	C
U	Α	P	Α	S	S	-1	0	N	F	R	U	-1	T	S	U	Ε	U
В	1	L	C	V	Е	Т	Р	Q	L	L	Α	U	В	1	Ν	R	R
В	С	Α	Н	0	Α	F	Α	U	0	J	K	R	G	G	В	X	R
0	Q	Ν	Ε	L	С	Т	В	Α	W	R	В	F	М	G	U	C	Α
R	U	Τ	Υ	U	Α	С	R	Z	Ε	W	S	L	-1	U	W	0	Ν
В	G	L	- 1	Р	1	Ε	Ε	Κ	R	Н	D	F	S	D	L	D	Т
1	Р	D	X	Т	C	Α	Ν	Υ	Т	Р	L	U	М	Α	Н	1	М