

DECEMBER 2021

Weekly Breakfast

- Monday – Cereal, Animal Crackers & Apple
- Tuesday – Frudel, Banana & Raisins
- Wednesday – Chocolate Crescent & Apple
- Thursday – Breakfast Round, Banana & Craisins
- Friday – Cereal Bar, Graham Crackers & Apple

We continue to experience wide-spread supply chain issues. Chicken products in particular are in short supply



1% & flavored milk available daily

Menu highly subject to change

Chef salad available daily

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Weekly Snack				01		02		03	
Monday-Doritos & Juice Tuesday-Muffin & Apple Wednesday- Bug Bites & Cheese Stick Thursday- Rice Krispy Bar & Apple Friday- Goldfish & Juice				Fish Sticks w/ Goldfish Cauliflower Banana		Country-Fried Steak Sandwich Sweet Potato Fries Applesauce Cup		Pepperoni Pizza French Fries Raisins	
06		07		08		09		10	
Chicken Penne Alfredo Green Beans Orange		Mini Chicken Corn Dogs Baked Beans Strawberry Cup		Cheeseburger Mixed Veggies Green Apple		Biscuit & Gravy Hash Brown Patties (2) Mixed Berry Cup		Beef Sloppy Joe Sandwich Fresh Carrots Mixed Fruit	
13		14		15		16		17	
Chicken Drumstick Collard Greens Craisins		BBQ Pork Rib Sandwich Baked Beans Orange		Fish Sticks w/ Goldfish Cauliflower Banana		Country-Fried Steak Sandwich Sweet Potato Fries Applesauce Cup		Winter Break	
20		21		22		23		24	
Winter Break		Winter Break		Winter Break		Winter Break			
27		28		29		30		31	
Winter Break		Winter Break		Winter Break		Winter Break			

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.**