

## DECEMBER BREAKFAST MENU



Offered daily: Assorted Milk Assorted Cereal Assorted Benefit Bars Assorted Poptarts Assorted NutriGrain Bars Yogurt String Cheese Grahams



MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	П
12/13 NATIONAL	COCOA DAY				Pancake Bites Banana Apple juice	1
Blueberry Breakfast Bread Apple Slices Grape Juice	French Toast Sticks Orange Wedges Fruit Juice	5	Sausage Breakfast Sandwich Applesauce Orange juice	Chocolate Crescent Craisins Fruit Juice	Mini Strawberry Cream Cheese Bagel Banana Apple Juice	8
11 Apple Orange Yogurt Smoothie Apple Slices Grape Juice	Cheesy Bosco Stick Orange Wedges Fruit Juice	12	NATIONAL COOCA DAY  Cocoa Puff Cereal Bar Applesauce Orange Juice	14 Sausage Breakfast Pizza Craisins Fruit juice	Cinnamon Chip Scone Banana Apple juice	15
Lemon Breakfast Bread Apple Slices Grape Juice	Mini Cinnamon Rolls Orange Wedges Fruit Juice	19	Mini Strawberry Cream Cheese Bagels Applesauce Orange Juice	No School	No School	22
No School	No School	26	27 No School	No School	No School	29

# BROCON!

Broccoli, brassica oleracea, has been around for over 2,000 years. This green powerhouse veggie hails from the cabbage family. It's name is derived from the Italian word "broccolo", which means "the flowering crest of a cabbage." The broccoli we know and love is a variety known as Calabrese, named after the famed region in Italy. While California is nicknamed the golden state, it could also be called the broccoli state, since it produces 90 percent of our nation's broccoli harvest. On top of being a delicious veggie both cooked and raw, broccoli is very high in Vitamin C and calcium. One cup of chopped broccoli is the Vitamin C equivalent of an orange and the calcium equivalent to a glass of milk. Talk about a truly unbeatable healthy snack! It's no wonder that the average American eats over four pounds of broccoli a year.



### DID YOU KNOW?

FLOWER POWER! If left unpicked, the head of a broccoli stalk, called the florets, will blossom into yellow flowers.

GIVE ME A SIGN There is no sign in American Sign Language for broccoli (it has to be spelled out).

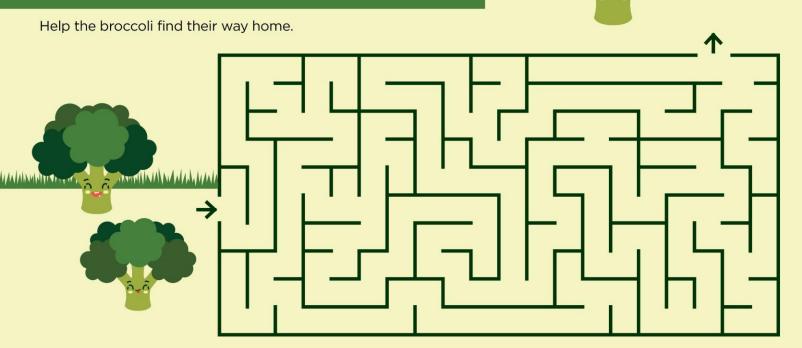


#### ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF VEGETABLES WEAR SOCKS?

SEE ANSWER BELOW

#### **ACTIVITY: THANKS A BUNCH!**



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