

# DECEMBER BREAKFAST MENU



ACE'S CORNER

**Offered daily:**

Assorted Milk  
Assorted Cereal  
Assorted Benefit Bars  
Assorted Poptarts  
Assorted NutriGrain Bars  
Yogurt  
String Cheese  
Grahams



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/13 NATIONAL COCOA DAY				1 Pancake Bites Banana Apple juice
4 Blueberry Breakfast Bread Apple Slices Grape Juice	5 French Toast Sticks Orange Wedges Fruit Juice	6 Sausage Breakfast Sandwich Applesauce Orange juice	7 Chocolate Crescent Craisins Fruit Juice	8 Mini Strawberry Cream Cheese Bagel Banana Apple Juice
11 Apple Orange Yogurt Smoothie Apple Slices Grape Juice	12 Cheesy Bosco Stick Orange Wedges Fruit Juice	13 NATIONAL COCOA DAY Cocoa Puff Cereal Bar Applesauce Orange Juice	14 Sausage Breakfast Pizza Craisins Fruit juice	15 Cinnamon Chip Scone Banana Apple juice
18 Lemon Breakfast Bread Apple Slices Grape Juice	19 Mini Cinnamon Rolls Orange Wedges Fruit Juice	20 Mini Strawberry Cream Cheese Bagels Applesauce Orange Juice	21 No School	22 No School
25 No School	26 No School	27 No School	28 No School	29 No School

# 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!

Help the broccoli find their way home.

