

# PRE-K DECEMBER MENU



## Offered Daily

1% White Milk served at breakfast and lunch  
All fruit & vegetable serving size = ¼ cup

ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <u>Breakfast</u> Pancake Bites Banana <u>Lunch</u> Grilled Ham & Cheese Sandwich Steamed Carrots Pineapple Tidbits <u>Snack</u> Applesauce & String Cheese
<b>4</b> <u>Breakfast</u> Blueberry Breakfast Bread Strawberry Applesauce <u>Lunch</u> BBQ Riblet Sandwich Tater Tots Mixed Fruit <u>Snack</u> Apple Juice String Cheese	<b>5</b> <u>Breakfast</u> French Toast Sticks Orange Wedge <u>Lunch</u> Cheeseburger Cucumber Slices Diced Pears <u>Snack</u> Saltine Cracker Milk	<b>6</b> <u>Breakfast</u> Strawberry Banana Yogurt String Cheese Mixed Fruit <u>Lunch</u> Penne Alfredo with Chicken Garlic Texas Toast Steamed Broccoli Diced Peaches <u>Snack</u> Strawberry Banana Yogurt & Cheez-It	<b>7</b> <u>Breakfast</u> Cheerios Diced Pears <u>Lunch</u> Chicken Nuggets with Pretzel Rod Baby Carrots Applesauce <u>Snack</u> Pretzel Goldfish & String Cheese	<b>8</b> <u>Breakfast</u> Mini Strawberry Cream Chz Bagel Banana <u>Lunch</u> Mac n Cheese Green Beans Apricot Halves <u>Snack</u> Strawberry Yogurt Chex Mix with String Cheese
<b>11</b> <u>Breakfast</u> Muffin Strawberry Applesauce <u>Lunch</u> Popcorn Chicken with Pretzel Rod Broccoli Mixed Fruit <u>Snack</u> Animal Crackers Milk	<b>12</b> <u>Breakfast</u> Cheerios Orange Wedges <u>Lunch</u> Cheeseburger Green Beans Diced Pears <u>Snack</u> Saltine Crackers Milk	<b>13</b> <u>Breakfast</u> Strawberry Banana Yogurt with String Cheese Mixed Fruit <u>Lunch</u> Chicken Patty Sandwich Roasted Carrots Diced Peaches <u>Snack</u> Goldfish & Apple Juice	<b>14</b> <u>Breakfast</u> Cheerios Diced Pears <u>Lunch</u> Eggoji Waffles with Sausage Patty Baby Carrots Warm Cinnamon Peaches <u>Snack</u> Strawberry Applesauce with String Cheese	<b>15</b> <u>Breakfast</u> Mini Maple Waffles Banana <u>Lunch</u> Cheese Pizza Cucumber Slices Apricot Halves <u>Snack</u> Cheez-It Crackers & Milk
<b>18</b> <u>Breakfast</u> Lemon Breakfast Bread Strawberry Applesauce <u>Lunch</u> Cheeseburger Tater Tots Mixed Fruit <u>Snack</u> Strawberry Yogurt & Grahams	<b>19</b> <u>Breakfast</u> Cheerios Orange Wedges <u>Lunch</u> Max Stix with Dipping Sauce Roasted Carrots Diced Pears <u>Snack</u> Pretzel Rod & Milk	<b>20</b> <u>Breakfast</u> Strawberry Cream Chz Bagel Mixed Fruit <u>Lunch</u> Chicken Nuggets with Pretzel Rod Steamed Broccoli Diced Peaches <u>Snack</u> Cheez-Its with Cucumber Slices	<b>21</b> No School	<b>22</b> No School
<b>25</b> No School	<b>26</b> No School	<b>27</b> No School	<b>28</b> No School	<b>29</b> 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.

