

PRE-K DECEMBER MENU



Offered Daily

1% White Milk served at breakfast and lunch All fruit & vegetable serving size = ½ cup

ACE 2 CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Breakfast Pancake Bites Banana Lunch Grilled Ham & Cheese Sandwich Steamed Carrots Pineapple Tidbits Snack Applesauce & String Cheese
Breakfast Blueberry Breakfast Bread Strawberry Applesauce Lunch BBQ Riblet Sandwich Tater Tots Mixed Fruit Snack Apple Juice String Cheese	Breakfast French Toast Sticks Orange Wedge Lunch Cheeseburger Cucumber Slices Diced Pears Snack Saltine Cracker Milk	Breakfast Strawberry Banana Yogurt String Cheese Mixed Fruit Lunch Penne Alfredo with Chicken Garlic Texas Toast Steamed Broccoli Diced Peaches Snack Strawberry Banana Yogurt &Cheez-It	Breakfast Cheerios Diced Pears Lunch Chicken Nuggets with Pretzel Rod Baby Carrots Applesauce Snack Pretzel Goldfish & String Cheese	Breakfast Mini Strawberry Cream Chz Bagel Banana Lunch Mac n Cheese Green Beans Apricot Halves Snack Strawberry Yogurt Chex Mix with String Cheese
Breakfast Muffin Strawberry Applesauce Lunch Popcorn Chicken with Pretzel Rod Broccoli Mixed Fruit Snack Animal Crackers Milk	Breakfast Cheerios Orange Wedges Lunch Cheeseburger Green Beans Diced Pears Snack Saltine Crackers Milk	Breakfast Strawberry Banana Yogurt with String Cheese Mixed Fruit Lunch Chicken Patty Sandwich Roasted Carrots Diced Peaches Snack Goldfish & Apple Juice	Breakfast Cheerios Diced Pears Lunch Eggoji Waffles with Sausage Patty Baby Carrots Warm Cinnamon Peaches Snack Strawberry Applesauce with String Cheese	Mini Maple Waffles Banana Lunch Cheese Pizza Cucumber Slices Apricot Halves Snack Cheez-It Crackers & Milk
Breakfast Lemon Breakfast Bread Strawberry Applesauce Lunch Cheeseburger Tater Tots Mixed Fruit Snack Strawberry Yogurt & Grahams	Breakfast Cheerios Orange Wedges Lunch Max Stix with Dipping Sauce Roasted Carrots Diced Pears Snack Pretzel Rod & Milk	Breakfast Strawberry Cream Chz Bagel Mixed Fruit Lunch Chicken Nuggets with Pretzel Rod Steamed Broccoli Diced Peaches Snack Cheez-Its with Cucumber Slices	No School	No School
No School	No School	No School	No School	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).

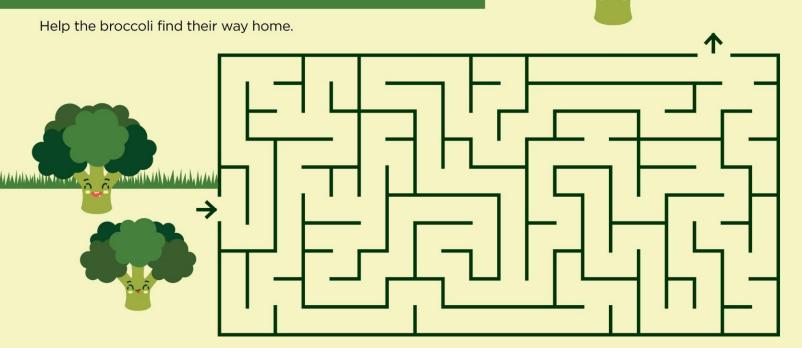


ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF VEGETABLES WEAR SOCKS?

SEE ANSWER BELOW

ACTIVITY: THANKS A BUNCH!



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