

DECEMBER 2023

Special
Event



ACE'S CORNER

Daily Options:
Assorted Milk

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/5 NATIONAL COOKIE DAY 12/11-12/15 LIMITED TIME OFFER – HOT HONEY CHICKEN BISCUIT TOSTADA				1 1. Cheese Pizza 2. Chicken & Cheese Salad with Pretzel Rod Fresh Broccoli Baby Carrots Apple Fruit Juice
4 1. Beef Soft Tacos 2. Pulled Pork Sandwich Potato Smiles Mixed Fruit Cucumber Slices Fruit Juice	5 National Cookie Day 1. Soft Baked Pretzel w/ Cheese 2. Make-Your-Own Pepperoni Pizza Bagel Served with a Cookie Corn Craisins Baby Carrots Apple Juice	6 1. Pancake Bites w/ Sausage Patties 2. Turkey & Cheese Sandwich Steamed Broccoli Cinn. Peaches Celery Sticks Grape Juice	7 1. BBQ Riblet 2. Chicken Ranch Flatbread Steamed Carrots Applesauce Edamame Orange Juice	8 1. Pepperoni Pizza 2. Cheeseburger Spinach Salad Apple Red Peppers Fruit Juice
11 1. Popcorn Chicken w/ Pretzel Rod 2. Hot Dog 3. LTO- Hot Honey Chicken Biscuit Tostada Steamed Broccoli Mixed Fruit Edamame Fruit Juice	12 1. Chicken Patty Sandwich 2. Grilled Cheese 3. LTO- Hot Honey Chicken Biscuit Tostada Celery Sticks Craisins Baby Carrots Apple Juice	13 1. Meatball Pizza Sub 2. Ham & Cheese Sandwich 3. LTO- Hot Honey Chicken Biscuit Tostada Roasted Carrots Diced Peaches Grape Juice Fresh Cauliflower	14 1. Waffles w/ Sausage Links 2. Make-your-own Flatbread Mozzarella Pizza 3. LTO- Hot Honey Chicken Biscuit Tostada Green Peppers Baby Carrots Applesauce Orange Juice	15 1. Cheese Pizza 2. Tossed Salad w/ Pretzel Rod 3. LTO- Hot Honey Chicken Biscuit Tostada Tossed Salad Apple Cucumber Slices Fruit Juice
18 1. Italian Cheese & Garlic Pull Apart 2. Chicken Nuggets w/ Pretzel Rod Potato Smiles Mixed Fruit Red Peppers Fruit Juice	19 1. Cheeseburger 2. Make-Your-Own Pepperoni Pizza Bagel Baby Carrots Craisins Broccoli Apple Juice	20 1. Walking Tacos 2. Cheeseburger Kickin' Pintos Diced Peaches Cucumber Slices Grape Juice	21 No School Christmas Break	22 No School Christmas Break
25 No School Christmas Break	26 No School Christmas Break	27 No School Christmas Break	28 No School Christmas Break	29 No School Christmas Break

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.

