

DECEMBER 2025

2 You can always **Pick 2**
for Lunch in the Cafe

Choose Lunch entrée and from the
following: **Hot or Cold Veggie**, **Fresh**
Fruit or **100% Fruit Juice**.

*No duplicates on any items

ACE'S CORNER


Lunch Prices
Paid: \$3.80
Reduced: \$0.40



Vegetarian Option offered at lunch daily

1% White & FF Chocolate Milk Available

All salads include a grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hot Dog w/wo Pickle MYO Pizza Kit Tater Tots, Celery Sticks, Apple Slices & Fruit Juice	2 Beef Nachos Apple Salad Refried Beans, Cucumber Slices, Orange Wedges & Apple Juice	3 Pancakes w/wo Sausage Links 3 Cheese Sub Corn, Baby Carrots, Applesauce & Fruit Juice	4 Chicken Tenders w/wo Breadstick Cheesy Romaine Salad Mixed Veggies, Broccoli, Warm Cinnamon Peaches & Ruby Rush Juice	5 Pepperoni Pizza Egg Chef Salad Green Beans, Pepper Strips, Apple Slices & Grape Juice
8 Cheeseburger Uncrustable Baked Beans, Baby Carrots, Strawberry Applesauce & Fruit Juice	9 Spaghetti w/ Meat Sauce w/wo Breadstick Popcorn Chicken Salad MYO Pizza Kit Corn, Red Pepper Strips, Apple Slices & Orange Juice	10 Half Day	11 Waffles w/wo Sausage Patty Ham & Cheese Sandwich Apple Salad Green Beans, Broccoli, Applesauce & Grape Juice	12 Cheese Pizza Ace's Pretzel Pack Sliced Carrots, Cucumber Slices, Apple & Orange Juice
15 Chicken Patty on a Bun w/wo Pickles Cheesy Romaine Salad Baked Beans, Pepper Strips, Craisins & Apple Juice	16 French Toast Sticks w/wo Sausage Patty Ace's Pretzel Pack Green Beans, Broccoli, Apple & Ruby Rush Juice	17 Pretzel w/ Cheese Uncrustable Sliced Carrots, Cucumber Slices, Orange Wedges & Fruit Juice	18 Bosco Sticks w/ Marinara Sauce Ace's Cereal Kit Corn, Celery Sticks, Applesauce & Grape Juice	19 Half Day
22 No School	23 No School	24 No School	25 	26 No School
29 No School	30 No School	31 No School	Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.aramark.com	

RED-Y FOR WINTER

Did you know the color red visually triggers appetite? Vibrant red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include tomatoes, kidney beans, cranberries, and pomegranates. On top of these impressive benefits, some red foods are used as dyes.

DISCOVER: BEETS

Beets are an edible taproot that can be steamed, fried, pickled, juiced, boiled, slow cooked, or eaten raw. In season November through late January, beets are an excellent source of folate, vitamins A and K, fiber, and potassium.



STRAWBERRIES: Loaded with vitamin C, folate, & antioxidants
Peak Season: Apr. - Jun.

RED PEPPERS: Hearty dose of vitamin C, fiber, & protein
Peak Season: Jul. - Sep.



RADISHES: Bursting with fiber, potassium, & folate
Peak Season: Feb. - Apr.

CHALLENGE OF THE MONTH: CREATE A WINTER WONDERLAND

Paper snowflakes are the perfect way to turn your home into a winter wonderland. Since each snowflake is different, try putting unique patterns as you cut your snowflakes.



1. Begin with a square piece of paper.

2. Fold it in half to create a large triangle.



3. Fold it in half again to make a smaller triangle.



4. Cut a variety of shapes into the sides of the triangle.



5. Open the cut triangle and you will have a square paper snowflake.



ACE'S RECIPE OF THE MONTH:

BEET HUMMUS*

Serves 3



INGREDIENTS:

- 1 14.5-oz can chickpeas, drained, rinsed, and patted dry
- 1/2 cup boiled beets (preparation below)
- 1/4 cup plain whole-milk yogurt
- Juice of 1/2 lemon
- 1 tablespoon tahini
- 1/4 teaspoon salt

BOILED BEETS PREPARATION:

1. Fill a pot with water and a pinch of salt and bring it to a boil. Add beets and boil for 20 to 40 minutes, until tender.
2. Rinse boiled beets in cool water and peel.

Note: Be sure to clean any beet juice spills on counters or clothes right away to avoid stains.

HUMMUS PREPARATION:

1. Place all ingredients into a blender and puree until very smooth.
2. Enjoy on toast, crackers, or as a fresh veggie dip.
3. Store in an airtight container in the fridge for up to 5 days.

***DO NOT cook, blend, or chop without adult supervision.**