

DECEMBER 2023



Elliott, Hamilton, Hicks,
Roosevelt-McGrath, &
Taft-Galloway
Elementary Schools

ACE'S CORNER

Extra Slice of Pizza \$2.00 on Pizza Day!



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Nutri Grain Bar Applesauce	4	Muffin & Cheese Stick Whole Fruit	5	Bagel & Cream Cheese Apple Slices	6	Cereal Banana	7	Fruit Bread Fruit Juice	8
A. Deep Dish Pizza B. Uncrustable (No Peanut) C. Yogurt Plate		½ DAY NO LUNCH SERVED		A. Beefy Nachos B. Turkey & Cheese Sandwich C. Yogurt Plate		½ DAY NO LUNCH SERVED		A. Chicken Patty Sandwich B. Cook's Choice	
Cook's Choice Applesauce	11	Pop Tart Whole Fruit	12	Strawberry Bagel Fruit Cup	13	Zee Zee Bar Apple Slices	14	Donut Day Fruit Juice	15
A. Chicken Nuggets & Roll B. Uncrustable (No Peanut) C. Muffin & Cheese Plate		A. Domino's Pizza B. Muffin & Cheese Plate		A. Beef Hot Dog B. Crazy Cheese Bread C. Muffin & Cheese Plate		A. Mini Pancakes B. Ham & Cheese Sandwich C. Muffin & Cheese Plate		A. Chicken Patty Sandwich B. Cook's Choice C. Muffin & Cheese Plate	
Breakfast Round Applesauce	18	Muffin & Cheese Stick Whole Fruit	19	Tiger Bites & Go-Gurt Fruit Cup	20	Cook's Choice Cook's Choice	21	Cook's Choice Cook's Choice	22
A. Corn Dog Nuggets B. Uncrustable (No Peanut) C. Cook's Choice		A. Domino's Pizza B. Cook's Choice		A. Bosco Sticks B. Mexican Pizza C. Cook's Choice		A. Pepperoni Crazy Bread B. Grilled Cheese Sandwich C. Cook's Choice		A. Chicken Patty Sandwich B. Cook's Choice	
	25		26		27		28		29
NO SCHOOL WINTER RECESS		NO SCHOOL WINTER RECESS		NO SCHOOL WINTER RECESS		NO SCHOOL WINTER RECESS		NO SCHOOL WINTER RECESS	
	1		2		3		4		5
NO SCHOOL WINTER RECESS		NO SCHOOL WINTER RECESS		NO SCHOOL WINTER RECESS		NO SCHOOL WINTER RECESS		NO SCHOOL WINTER RECESS	

BLUE-TIFUL PRODUCE

Also used for making rich cloth and food dyes, blue fruits and veggies contain vitamin C, antioxidants, ellagic acid, polyphenols, and the flavonoid anthocyanin. Anthocyanin is an antioxidant known to have positive effects on memory and learning. Along with ellagic acid, blue foods may also offer anti-inflammatory and antiviral benefits as well as protect against heart disease and obesity. Blue foods bursting with anthocyanin, ellagic acid, and vitamin C include blueberries, blue potatoes, and blue tomatoes.

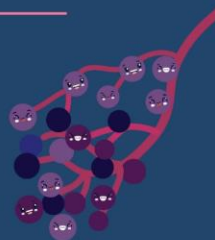
DISCOVER: BLUEBERRY

Look out for deliciously sweet yet tart blueberries this month. In season from April to late September, these flavorful berries are packed with antioxidants as well as vitamin C, calcium, and magnesium.



BLACKBERRIES: Loaded with antioxidants, fiber, & vitamin C
Peak Season: Jun.-Aug.

ELDERBERRIES: Hearty dose of calcium, iron, & potassium
Peak Season: Aug.-Sept.



BLUE CORN:
Bursting with anthocyanin & protein
Peak Season: Oct. - Nov.

CHALLENGE OF THE MONTH: CREATE A VEGGIE SNOWMAN

Create a vegetable snowman using real fruits and vegetables or pictures of fruits or vegetables.

TIP: If using real produce, use toothpicks to help the snowman stand up. Ask an adult to help cut vegetable slices. Once complete, enjoy your healthy snack!



HINT: This snowman was made with cauliflower and one large carrot. Use your favorite herbs or carrot top for arms.



ACE'S RECIPE OF THE MONTH:

MY, OH MY, BLUEBERRY PIE OATMEAL*

Serves 2

INGREDIENTS:

- 1 cup frozen blueberries
- 1 tbsp. water
- 1 tbsp. honey
- 1/4 tsp. vanilla extract
- 1 pinch of salt
- 1/2 tsp. cornstarch
- 1 cup dried oats
- 2 cups of milk



PREPARATION:

1. In a small saucepan, combine the blueberries, water, honey, vanilla extract, and pinch of salt. Stir to combine, then sprinkle on the cornstarch and mix evenly.
2. Bring to a boil, then let simmer for 5 minutes, or until thickened into a compote.
3. While compote is cooking, boil the milk in a separate saucepan; once boiling, add in the oats and reduce the heat to medium. Let cook for 1 minute then remove from heat and let sit, covered, for 2-3 minutes.
4. Serve the compote on top of oatmeal and top with any additional ingredients your heart desires such as nuts, powdered sugar, or raisins and enjoy!

***DO NOT attempt to cook without adult supervision.**