

DECEMBER 2022

FUN FACTS:

Eggplants are also commonly known as aubergines. The word "aubergine" comes from the ancient language of Sanskrit.

Breakfast Prices **Lunch Prices**
 Paid: \$1.80 Paid: \$3.20
 Reduced: \$0.30 Reduced: \$0.40
 Ala Carte Milk \$0.90



ACE'S CORNER



Elementary School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>Sausage Pancake Wrap 1 Trix Cereal Bar & String Cheese</p> <p>Chicken Tenders & Biscuit Ace's Yogurt Fun Pack</p> <p>Golden Sweet Corn, Side Salad Grape Tomatoes, Fresh Grapes, Diced Peaches</p>	<p>Whole Grain Bagel & Cream Cheese Blueberry Muffin & Hard Boiled Egg 2</p> <p>Cheese Pizza Ace's Yogurt Fun Pack</p> <p>Steamed Carrots, Fresh Zucchini, Red Pepper Strips, Fresh, Fresh Apple, Raisins</p>
<p>Banana Chocolate Chip Round 5 Frosted Flakes & Hard-boiled Egg National Cookie Day! Fish Sticks w/ Goldfish Crackers Ace's Cereal Fun Pack Steamed Broccoli, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins Fresh Baked Cookie</p>	<p>Berry French Toast 6 Fudge Poptart w/String Cheese</p> <p>Meatball Sub Ace's Cereal Fun Pack</p> <p>Green Peas, Side Salad, Cucumber Slices, Fresh Orange, Applesauce</p>	<p>Mini Strawberry CC Bagels 7 Yogurt w/Graham Crackers</p> <p>Chicken Nuggets & Pretzel Rod Ace's Cereal Fun Pack</p> <p>Steamed Carrots, Celery Sticks, Fresh Broccoli, Fresh Banana, Apple Slices</p>	<p>Mini Cinnamon Rolls 8 Banana Muffin w/String Cheese</p> <p>Cheeseburger Ace's Cereal Fun Pack</p> <p>Green Beans, Side Salad, Grape Tomatoes, Fresh Orange, Diced Pears</p>	<p>Chocolate-Filled Crescent 9 Cheerios Bar w/Hard Boiled Egg</p> <p>Mozzarella Sticks & Sauce Ace's Cereal Fun Pack</p> <p>Golden Sweet Corn, Fresh Zucchini, Red Pepper Strips, Fresh Apple, Raisins</p>
<p>Oatmeal Raisin Benefit Bar 12 Cocoa Puff Bar w/Hard-Boiled Egg</p> <p>Mini Corn Dogs MYO Flatbread Pizza Kit</p> <p>Winter Blend, Baby Carrots, Edamame, Apple Slices, Craisins</p>	<p>Blueberry Waffle 13 Apple Muffin w/String Cheese</p> <p>Beef Nachos MYO Flatbread Pizza Kit</p> <p>Refried Beans, Side Salad, Cucumber Slices, Fresh Orange, Apple Sauce</p>	<p>Cinnamon Dazzle Breakfast Rollup 14 Cheerios Cereal/Choc. Tiger Bites</p> <p>Chicken Patty Sandwich MYO Flatbread Pizza Kit</p> <p>Golden Sweet Corn, Celery Sticks, Fresh Broccoli, Fresh Banana, Apple Slices</p>	<p>Country Chicken & Cheese Muffin 15 Strawberry Poptart w/String Cheese</p> <p>Ham & Cheese Melt MYO Flatbread Pizza Kit</p> <p>Peas & Carrots, Side Salad, Grape Tomatoes, Fresh Grapes, Diced Peaches</p>	<p>Apple Frudel 16 Yogurt & Hard Boiled Egg</p> <p>Pepperoni Pizza MYO Flatbread Pizza Kit</p> <p>Green Beans, Fresh Zucchini, Red Pepper Strips, Fresh Apple, Raisins</p>
<p>Chocolate Chip Round 19 Lucky Charms & Hard Boiled Egg</p> <p>Popcorn Chicken & Cheez-Its Ace's Blueberry Muffin Fun Pack</p> <p>Green Peas, Baby Carrots, Garbanzo Beans, Apple Slices, Craisins</p>	<p>Mini Maple Waffles 20 Nutri Grain Bar & String Cheese</p> <p>BBQ Chicken Drumstick Ace's Blueberry Muffin Fun Pack</p> <p>Mashed Potatoes, Side Salad, Cucumber Slices, Fresh Orange, Applesauce</p>	<p>Cinnamon Raisin Bagel 21 Trix Cereal & Scooby Grahams</p> <p>Pizza Crunchers Ace's Blueberry Muffin Fun Pack</p> <p>Steamed Carrots, Celery Sticks, Fresh Broccoli, Fresh Banana, Fresh Apple</p>	<p><i>Did you know?</i> 22 *Our grains are whole-grain rich. *Breakfast cereals are reduced sugar. *We offer fresh fruit and veggies everyday! *100% fruit juice offered everyday with Breakfast & Lunch! *1% Milk & Fat Free Chocolate Milk Available Daily!</p>	<p> 23</p>
<p> 26</p>	<p> 27</p>	<p>HAVE A GREAT WINTER BREAK 28 </p>	<p> 29</p>	<p> 30</p>

MOUSSAKA TO MY EARS

Eggplant is an essential part of moussaka, a classic Mediterranean dish. What we call eggplant (*solanum melongena*) goes by several different names depending where you are in the world. Some of these names include brinjal in India, berenjena in Spanish-speaking countries, patlican in Turkey, aubergine in the UK, and melanzane in Italy. There are over 770 varieties of eggplant, including the small white egg shaped variety, which gave the fruit its name back in the 18th century. While related to tomatoes and potatoes and best prepared as a vegetable, eggplant is actually classified as a berry. Eggplant is rich source of dietary fibers, vitamins C, K, and B, and minerals such as copper, phosphorus, and magnesium. Eggplant is a delicious dish when grilled, baked, boiled, stuffed, or combined with meat and vegetables, but can lead to stomachaches when eaten raw.

ACTIVITY: PURPLE PEOPLE PLEASERS

Find the following purple-hued fruits and veggies in the word puzzle below.

1. Grapes
2. Fig
3. Passion Fruit
4. Eggplant
5. Plum
6. Cabbage
7. Beets
8. Açai
9. Currant
10. Cauliflower



B	Y	K	P	X	R	A	E	T	C	A	B	B	A	G	E	U	V
Z	E	L	T	D	S	I	G	E	A	L	H	E	T	R	O	L	O
R	E	E	S	C	J	O	L	C	U	T	I	S	L	A	P	Y	L
L	A	G	T	T	R	N	Y	A	L	S	Q	L	V	P	R	T	O
O	T	G	E	S	U	M	I	M	I	E	R	L	I	E	K	E	C
U	A	P	A	S	S	I	O	N	F	R	U	I	T	S	U	E	U
B	I	L	C	V	E	T	P	Q	L	L	A	U	B	I	N	R	R
B	C	A	H	O	A	F	A	U	O	J	K	R	G	G	B	X	R
O	Q	N	E	L	C	T	B	A	W	R	B	F	M	G	U	C	A
R	U	T	Y	U	A	C	R	Z	E	W	S	L	I	U	W	O	N
B	G	L	I	P	I	E	E	K	R	H	D	F	S	D	L	D	T
I	P	D	X	T	C	A	N	Y	T	P	L	U	M	A	H	I	M

ACE'S JOKE OF THE MONTH



Q. WHAT EGG IS GREAT FRIED BUT NEVER SCRAMBLED?

SEE ANSWER BELOW

DID YOU KNOW?

SHADY CONNECTIONS

As part of the nightshade family, eggplant was once believed to be extremely poisonous.



TINCTURE OF HEALTH

Juice made from the leaves and roots of eggplant can be used to treat throat and stomach disorders, cough, asthma, toothache, rheumatism, and skin problems.

