

# Parkway DECEMBER 2022

PICK 2



## ACE'S CORNER

**Lunch Prices**  
**Paid: \$2.70**  
**Reduced: \$0.40**  
**Adult Meal: \$4.65**  
**Milk without a Meal: \$0.45**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
XX	XX	XX	<b>1</b> French Toast w/ Sausage BBQ Chicken Sandwich Sun Butter & Jelly  Craisins OR Pears Corn OR Cucumbers	<b>2</b> Pepperoni Pizza Hamburger Make Your Own Pizza Flatbread  Mixed Fruit OR Juice Carrots OR Green Beans
<b>5</b> Bosco Sticks Chicken Patty Muffin, String Cheese & Yogurt Pack  Peaches OR Mixed Fruit Baby Carrots OR Corn	<b>6</b> Chicken Nachos Grilled Cheese Ham & Cheese Sub  Applesauce OR Pears Garbanzo Beans OR Corn	<b>7</b> Popcorn Chicken Cheeseburger Blueberry Yogurt Parfait  Peaches OR Blueberries Broccoli OR Celery	<b>8</b> Waffles w/ Eggs Mini Corn Dogs Sun Butter & Jelly  Mixed Fruit OR Craisins Carrots OR Cucumbers	<b>9</b> NO SCHOOL!
<b>12</b> Donut w/ Sausage Chicken Patty Muffin, String Cheese, & Yogurt pack  Pears OR Peaches Corn OR Green Beans	<b>13</b> Beef Tacos Chicken Nuggets Turkey & Cheese Sub  Mixed Fruit OR Applesauce Kickin' Pinto Beans OR Corn	<b>14</b> Popcorn Chicken Turkey Hot Dog Peach Yogurt Parfait  Strawberries OR Peaches Fries OR Baked Beans	<b>15</b> French Toast Sticks w/ Sausage BBQ Pork Rib Sandwich Sun Butter & Jelly  Craisins OR Pears Broccoli OR Carrots	<b>16</b> Cheese Pizza Fish Sticks Make Your Own Pepperoni Pizza Flatbread  Juice OR Mixed Fruit Corn OR Peas
<b>19</b> Pizza Sticks w/ Marinara Meatball Sub Muffin, String Cheese, & Yogurt Pack  Peaches OR Applesauce Corn OR Carrots	<b>20</b> Beef Nachos Popcorn Chicken Turkey, Ham & Cheese Sub  Applesauce OR Mixed Fruit Garbanzo Beans OR Corn	<b>21</b> Chicken Nuggets Hamburger Blueberry Yogurt Parfait  Pears OR Blueberries Fries OR Broccoli	<b>22</b> Pancakes w/ Eggs Turkey & Gravy Sun Butter & Jelly  Peaches OR Craisins Green Beans OR Mashed Potatoes  FREE COOKIE W/ EVERY MEAL	<b>23</b> NO SCHOOL!
<b>26</b> NO SCHOOL!	<b>27</b> NO SCHOOL!	<b>28</b> NO SCHOOL!	<b>29</b> NO SCHOOL!	<b>30</b> NO SCHOOL!

# 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.

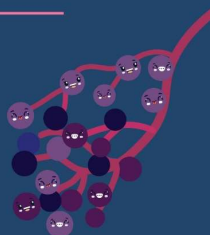
## DISCOVER: BLUEBERRY

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.

## 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.**