aramark STUDENT NUTRITION | METHACTON SCHOOL DISTRICT

DECEMBER 2026

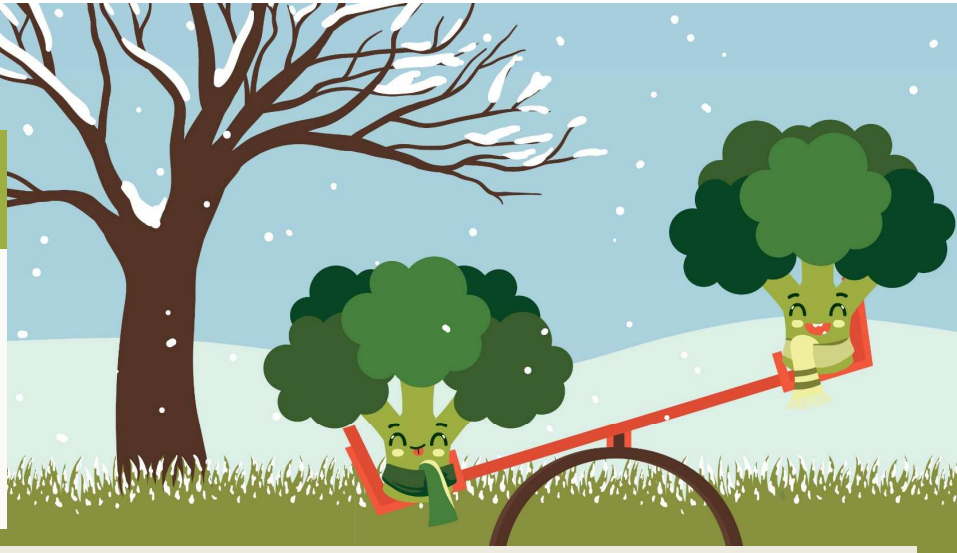


ACE'S CORNER

Breakfast Prices
Student: Free
Entrée Only: $1.50
Adult:$ 3.05

Lunch Prices
Student: $ 3.15
Entrée Only: $2.90
Adult: $ 5.05

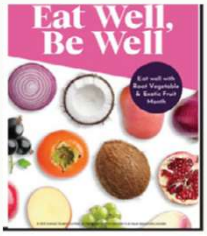
Daily Breakfast Assortment: Cold cereal, cereal bars, muffins, Pop Tarts, bagels, assorted yogurts, a variety of fresh fruit, 100% fruit juice and milk



December is Root Vegetable and Exotic Fruit Month
National Cookie Day is December 4th. Be sure to Purchase a Fresh Baked Cookie in the Cafeteria.
Week of 12/14: Hot Chocolate Week. Be on the look out for hot chocolate for sale in your school.

Cheese Sandwich and SB& Jelly offered at lunch daily

Milk: All Choices are rBST hormone free. Nonfat flavor chocolate and 1% white

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01 Cinni Mini Banana or Raisins/Craisins A) Walking Taco B) Pizza Dippers with Sauce C) Egg Chef Salad D) Pizza Bagel Pack Sides: Orange Wedges, Diced Pears, Black Beans, Corn	02 Chicken Biscuit Apple or Fruit Mix A) Sausage Egg and Cheese Bagel B) Chicken Patty Sandwich C) Hummus Platter D) Chicken Salad Sandwich Sides: Banana, Peaches, Broccoli	03 Strawberry Puff Pancakes Clementine or Applesauce A) Fish Sticks with Breadstick B) Chicken Nuggets, Roll C) Egg Chef Salad D) Pretzel Pack Sides: Apples, Fruit Mix, Pepper Strips	04 Cinnamon Sugar Donut Holes Grapes or Diced Peaches A) Pizza B) Corn Dog C) Hummus Platter D) Turkey & Cheese Sandwich Sides: : Clementine, Apple Sauce, Cucumber
07 Apple Frudel Orange Wedges or Diced Pears A) Chicken Tender, Breadstick B) Cheeseburger C) Garden Salad D) Turkey and Cheese Sandwich Sides: Grapes, Apple Slices, Celery	08 Breakfast Pizza Banana or Raisins/Craisins A) Nachos B) Pizza Dippers with Sauce C) Egg Chef Salad D) Pizza Flatbread Pack Sides: Orange Wedges, Diced Pears BBQ Baked Beans, Corn	09 Egg and Cheese Muffin Apple or Fruit Mix A) Waffle with Turkey Sausage B) Chicken Patty Sandwich C) Apple Salad Pack D) Chicken Salad Sandwich Sides: Banana, Peaches, Broccoli	10 Maple Puff Pancakes Clementine or Applesauce A) Dumpling and Fried Rice B) Chicken Nuggets, Roll C) Egg Chef Salad D) Pretzel Pack Sides: Apples, Fruit Mix, Pepper Strips	11 Double Chocolate Donut Holes Grapes or Diced Peaches A) Pizza B) Corn Dog C) Apple Salad Pack D) Turkey & Cheese Sandwich Sides: : Clementine, Apple Sauce, Cucumber
14 Mini Strawberry Crunch Bagel Orange Wedges or Diced Pears A) Popcorn Chicken Bowl B) Cheeseburger C) Garden Salad D) Turkey and Cheese Sandwich Sides: Grapes, Apple Slices, Celery, Breadstick	15 Sausage Pancake Stick Banana or Raisins/Craisins A) Walking Tacos with Rice B) Pizza Cruncher C) Egg Chef Salad D) Pizza Bagel Pack Sides: Orange Wedges, Diced Pears, BBQ Baked Beans, Corn	16 Yogurt Smoothie Apple or Fruit Mix A) French Toast Sticks with Sausage B) Chicken Patty Sandwich C) Popcorn Chicken Garden Salad D) Chicken Salad Sandwich Sides: Banana, Peaches, Broccoli	17 Maple Waffles Clementine or Applesauce A) Meatball Sub B) Chicken Nuggets, Roll C) Egg Chef Salad D) Pretzel Pack Sides: Apples, Fruit Mix, Pepper Strips	18 Glazed Donut Grapes or Diced Peaches A) Pizza B) Hot Dog on Bun C) Popcorn Chicken Garden Salad D) Turkey & Cheese Sandwich Sides: : Clementine, Apple Sauce, Cucumber
21 Blueberry Waffle Orange Wedges or Diced Pears A) Mac N Cheese B) Cheeseburger C) Garden Salad D) Turkey and Cheese Sandwich Sides: Grapes, Apple Slices, Celery, Breadstick	22 Egg and Sausage Bagel Banana or Raisins/Craisins A) Soft Taco B) Pizza Dipper with Sauce C) Egg Chef Salad D) Muffin Pack Sides: Orange Wedges, Diced Pears, Black Beans, Corn	23 Chocolate Filled Crescent Apple or Fruit Mix A) Mini Pancakes w/Cheese Omelet B) Chicken Patty Sandwich C) Turkey Chef Salad D) Chicken Salad Sandwich Sides: Banana, Peaches, Broccoli	24  	25 
28  	29  	30  	31  	**Special Dietary Needs or Questions** **610-489-5000 x 30216**

EOE - The School District does not discriminate on the basis of race, color, age, creed, religion, sex, sexual orientation, gender identity, sex characteristics, ancestry, national origin or handicap/disability in employment practices or in administration of any of its educational programs and activities in accordance with applicable federal statutes and regulations. ALL MENUS ARE SUBJECT TO CHANGE.

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

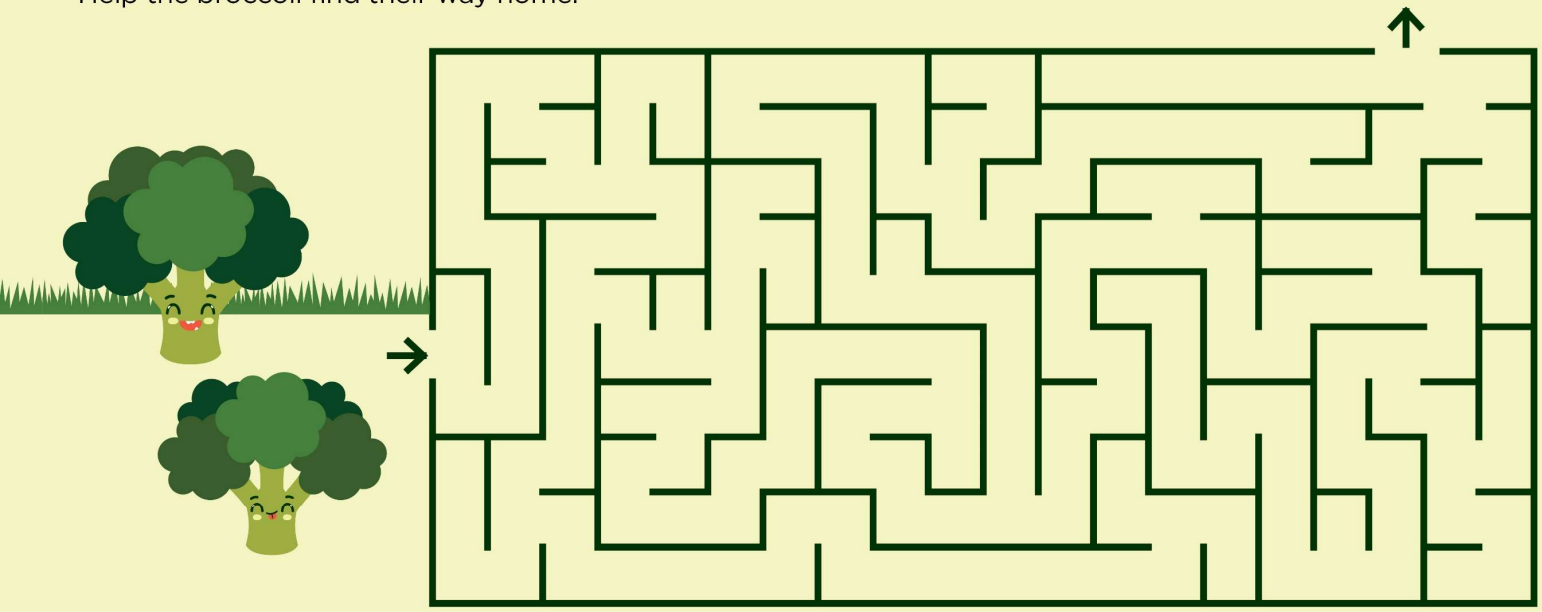
Q. WHAT KIND OF VEGETABLES WEAR SOCKS?

SEE ANSWER BELOW



ACTIVITY: THANKS A BUNCH!

Help the broccoli find their way home.



This institution is an equal opportunity provider.

JOKE ANSWER: *Tomatoes!*