

# December 2025

## Offered Daily:

1% White Milk

¼ cup of Fruits & Vegetables

All Grains are Whole Grain

Menu subject to change without notice.



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Egg Patty Bagel Apple Slices <hr/> Pretzel, Yogurt & Cheese Pack Romaine Salad & Mixed Fruit	<b>2</b> Cinnamon Chex Fresh Orange Wedges <hr/> Corn Dog Tator Tots & Pears	<b>3</b> Appel Frudel Applesauce <hr/> Cheeseburger Steamed Broccoli & Warm Cinnamon Peaches	<b>4</b> Cheerios Banana <hr/> Popcorn Chicken Spiral Fries & Applesauce	<b>5</b> Vanilla Confetti Waffles Apple Juice <hr/> Pepperoni Pizza Red Peppers & Apple
<b>8</b> Egg Patty English Muffin Apple Slices <hr/> Pizza Meatball Sub Steamed Broccoli & Mixed Fruit	<b>9</b> Cinnamon Chex Fresh Orange Wedges <hr/> Taco Wedges Waffle Fries & Apple Juice	<b>10</b> Mini Cinni Applesauce <hr/> Chicken Patty Sandwich Baked Beans & Peaches	<b>11</b> Cheerios Banana <hr/> Waffles w/ 2 Sausage Links Veg Blend & Applesauce	<b>12</b> Mini Pancakes Apple Juice <hr/> Cheese Pizza Cucumbers & Apple
<b>15</b> Egg Patty Bagel Apple Slices <hr/> Grilled Cheese French Fries & Mixed Fruit	<b>16</b> Cinnamon Chex Fresh Orange <hr/> Chicken Tenders Cooked Carrots & Pears	<b>17</b> Blueberry Waffles Applesauce <hr/> BBQ Riblet Cucumbers & Peaches	<b>18</b> Cheerios Banana <hr/> Cheeseburger Red Peppers & Applesauce	<b>19</b> Egg Patty Croissant Apple Juice <hr/> Pepperoni Pizza Spinach Salad & Apple
<b>22</b> Winter Break	<b>23</b> Winter Break	<b>24</b> Winter Break	<b>25</b> Winter Break	<b>26</b> Winter Break
<b>29</b> Winter Break	<b>30</b> Winter Break	<b>31</b> Winter Break		

# 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.

