

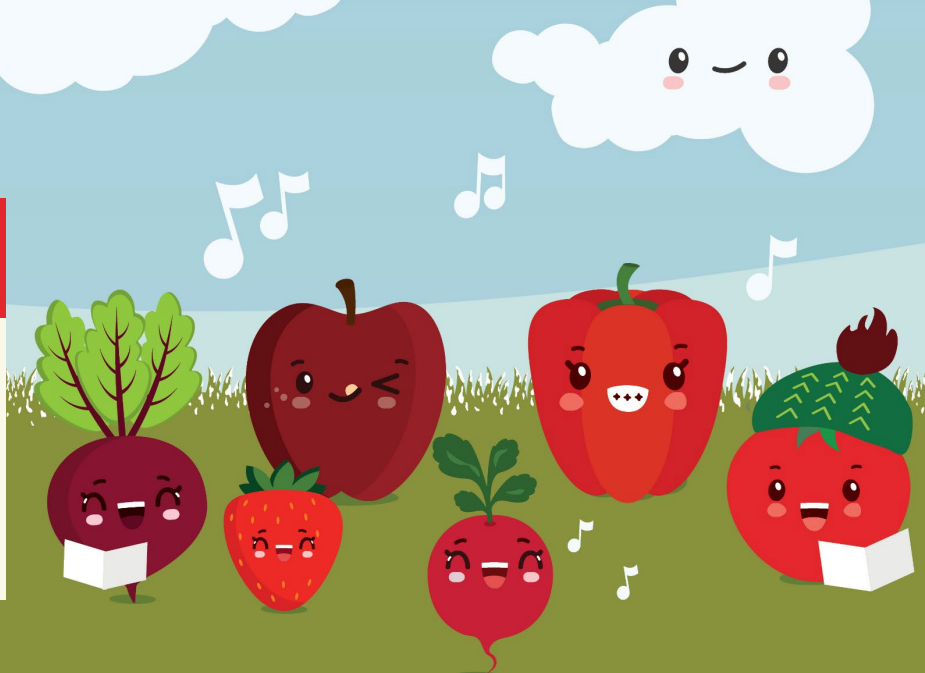
# DECEMBER 2025 Bond







## More Info...

- All breads are whole grain
- All juice is 100% fruit juice
- Fresh fruits and vegetables served daily
- White or chocolate milk offered each meal



ACE'S CORNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b><u>Nutri-Grain Bar</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Meatball Sub B. Mini Corn Dogs C. Sun Butter &amp; Jelly</p>	<p>2</p> <p><b><u>Sausage, Egg &amp; Cheese</u></b> <b><u>Breakfast Burrito</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Horseshoe B. Hot Dog C. Three Cheese Sub</p>	<p>3</p> <p><b><u>Mini Strawberry Cream</u></b> <b><u>Cheese Bagel</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Honey Stung Popcorn Chicken w/ Biscuit B. Chicken Patty Sandwich C. Sun Butter &amp; Jelly</p>	<p>4</p> <p><b><u>Cinnamon Toast Crunch</u></b> <b><u>Cereal Bar</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Pancakes w/ Cheese Omelet B. BBQ Rib C. Taco Salad</p>	<p>5</p> <p><b><u>Cinnamon Breakfast</u></b> <b><u>Bun</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter &amp; Jelly</p>
<p>8</p> <p><b><u>Oatmeal Chocolate Chip</u></b> <b><u>Bar</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Sun Butter &amp; Jelly</p>	<p>9</p> <p><b><u>Cheese Bosco Breadstick</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Chicken Patty Sandwich B. Cheese Pizzadilla C. Ham &amp; Cheese Sandwich</p>	<p>10</p> <p><b><u>Mini Confetti Pancakes</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Sun Butter &amp; Jelly</p>	<p>11</p> <p><b><u>Pop-Tart</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad</p>	<p>12</p> <p><b><u>Pumpkin Breakfast</u></b> <b><u>Bread</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter &amp; Jelly</p>
<p>15</p> <p><b><u>Pop-Tart</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. A. Mini Corn Dogs w/ Macaroni &amp; Cheese B. Chicken Nuggets C. Sun Butter &amp; Jelly</p>	<p>16</p> <p><b><u>Mini Cinnamon Rolls</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Walking Taco B. Bean &amp; Cheese Burrito C. Turkey &amp; Cheese Sub</p>	<p>17</p> <p><b><u>Oatmeal Chocolate Chip</u></b> <b><u>Bar</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Chicken Tenders w/ Fresh Garlic Breadstick &amp; Ranch Pizza Sauce B. Cheese Quesadilla C. Sun Butter &amp; Jelly</p>	<p>18</p> <p><b><u>Yogurt w/ Giant Vanilla</u></b> <b><u>Goldfish Graham</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Lumberjack B. Grilled Cheese C. Ham Chef Salad</p>	<p>19</p> <p><b><u>Wild Blueberry Snack'n</u></b> <b><u>Waffles</u></b> <b><u>Assorted Cereal</u></b></p> <p>A. Pepperoni Pizza B. Cheese Pizza C. Sun Butter &amp; Jelly</p>
<p>22</p> 	<p>23</p> <p><b>Winter Break</b></p>	<p>24</p>	<p>25</p> 	<p>26</p> 
<p>29</p> 	<p>30</p> 	<p>31</p> 		

# RED-Y FOR WINTER

Did you know the color red visually triggers appetite? Vibrant red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include tomatoes, kidney beans, cranberries, and pomegranates. On top of these impressive benefits, some red foods are used as dyes.

## DISCOVER: BEETS

Beets are an edible taproot that can be steamed, fried, pickled, juiced, boiled, slow cooked, or eaten raw. In season November through late January, beets are an excellent source of folate, vitamins A and K, fiber, and potassium.



**STRAWBERRIES:** Loaded with vitamin C, folate, & antioxidants  
**Peak Season:** Apr. - Jun.

**RED PEPPERS:** Hearty dose of vitamin C, fiber, & protein  
**Peak Season:** Jul. - Sep.



**RADISHES:** Bursting with fiber, potassium, & folate  
**Peak Season:** Feb. - Apr.

## CHALLENGE OF THE MONTH: CREATE A WINTER WONDERLAND

Paper snowflakes are the perfect way to turn your home into a winter wonderland. Since each snowflake is different, try putting unique patterns as you cut your snowflakes.



1. Begin with a square piece of paper.

2. Fold it in half to create a large triangle.



3. Fold it in half again to make a smaller triangle.



4. Cut a variety of shapes into the sides of the triangle.



5. Open the cut triangle and you will have a square paper snowflake.



## ACE'S RECIPE OF THE MONTH:

### BEET HUMMUS\*

Serves 3



#### INGREDIENTS:

- 1 14.5-oz can chickpeas, drained, rinsed, and patted dry
- 1/2 cup boiled beets (preparation below)
- 1/4 cup plain whole-milk yogurt
- Juice of 1/2 lemon
- 1 tablespoon tahini
- 1/4 teaspoon salt

#### BOILED BEETS PREPARATION:

1. Fill a pot with water and a pinch of salt and bring it to a boil. Add beets and boil for 20 to 40 minutes, until tender.
2. Rinse boiled beets in cool water and peel.

*Note: Be sure to clean any beet juice spills on counters or clothes right away to avoid stains.*

#### HUMMUS PREPARATION:

1. Place all ingredients into a blender and puree until very smooth.
2. Enjoy on toast, crackers, or as a fresh veggie dip.
3. Store in an airtight container in the fridge for up to 5 days.

**\*DO NOT cook, blend, or chop without adult supervision.**