

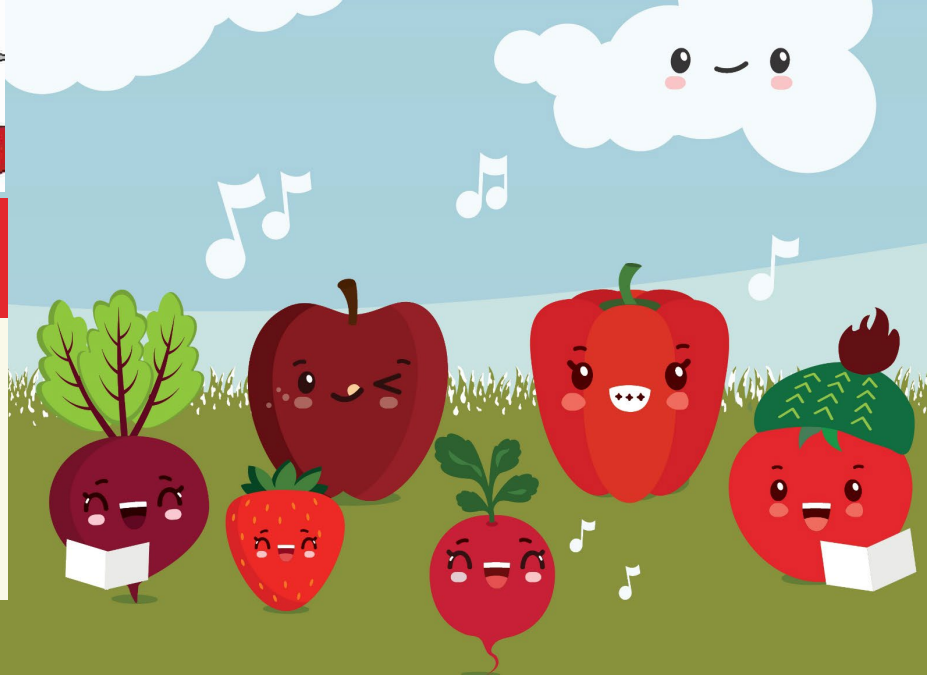
DECEMBER 2025 Gregory








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
1 Waffles w/ Sausage Patty A. Mini Corn Dog B. Meatball Sub C. Chicken & Cheese Salad D. Sun Butter & Jelly	2 Breakfast Pizza A. Horseshoe B. Cheese Quesadilla C. Ham & Cheese Sandwich D. Sun Butter & Jelly	3 Breakfast Burrito A. Honey Stung Popcorn Chicken w/ Biscuit B. Hot Dog C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly	4 Breakfast Sandwich A. Pancakes w/ Cheese Omelet B. Chicken Patty Sandwich C. Taco Salad D. Sun Butter & Jelly	5 Lumberjack Donut A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
8 Bosco Cheese Stick A. Breaded Fish Bites w/ Cheez-Its B. Chicken Nuggets C. Popcorn Chicken Salad D. Sun Butter & Jelly	9 Breakfast Pizza A. Chicken Patty Sandwich B. Cheese Pizzadilla C. Ham & Cheese Sandwich D. Sun Butter & Jelly	10 Breakfast Burrito A. Spaghetti w/ Beef Sauce B. Chicken Tenders C. Pizza Bagel Aceable D. Sun Butter & Jelly	11 Breakfast Sandwich A. Waffles w/ Sausage Link B. Mini Corn Dogs C. Egg Chef Salad D. Sun Butter & Jelly	12 Lumberjack Donut A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sandwich D. Sun Butter & Jelly
15 Biscuit w/ Sausage Gravy A. A. Mini Corn Dogs w/ Macaroni & Cheese B. Chicken Nuggets C. Ham Chef Salad D. Sun Butter & Jelly	16 Breakfast Pizza A. Walking Taco B. Bean & Cheese Burrito C. Turkey & Cheese Sub D. Sun Butter & Jelly	17 Breakfast Burrito A. Chicken Tenders w/ Fresh Garlic Breadstick & Ranch Pizza Sauce B. Cheese Quesadilla C. Pretzel, Yogurt & Cheese Pack D. Sun Butter & Jelly	18 Breakfast Sandwich A. Lumberjack B. Grilled Cheese C. Turkey Chef Salad D. Sun Butter & Jelly	19 Lumberjack Donut A. Cheese Pizza B. Pepperoni Pizza C. Ham & Cheese Sub D. Sun Butter & Jelly
22 	23 Winter Break	24 	25 	26 
29 	30 	31 		

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.



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.**