

Wilson DECEMBER



ACE'S CORNER

Breakfast Prices

Paid: \$1.50

Reduced: \$0.30

Lunch Prices

Paid: \$3.00

Reduced: \$0.40



Menu is subject to change due to continued supply chain shortages.

PB&J Sandwich offered at lunch daily

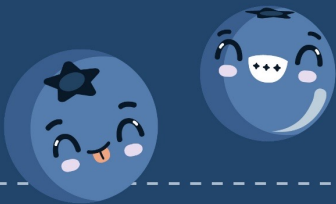
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Now Hiring!! Food Service is Hiring! <i>Work While Kids are in School</i> Great Benefits Apply online @ www.aramark.com</div>	<div>Assorted fresh, frozen and canned fruits and veggies offered daily</div> <div>All meals must include <i>at least one serving</i></div>		<div>BENEFIT BAR1</div> <div>Pizza Chicken Sandwich Turkey & Cheese Sandwich</div>	<div>CINNI-MINI2</div> <div>French Toast w/ Sausage Chef Choice Grill Item Chef Salad</div>
<div>BLUEBERRY WAFFLE5</div> <div>Chili & Grilled Cheese Cheeseburger Ham & Cheese Sandwich Cookies!!</div>	<div>FRUDEL6</div> <div>Chicken Parmesan w/ Pasta Hot Dog Greek Salad</div>	<div>BREAKFAST ROUND7</div> <div>Loaded Tater Tot Bowl Corn Dog Taco Salad</div>	<div>CINNAMON TOAST BAR8</div> <div>Pizza Chicken Sandwich Turkey & Cheese Sandwich</div>	<div>CEREAL9</div> <div>Riblet Sandwich w/ Fries Chef Choice Grill Item Chef Salad</div>
<div>FRENCH TOAST STICKS12</div> <div>Popcorn Chicken w/ Cornbread Cheeseburger Ham & Cheese Sandwich</div>	<div>CEREAL13</div> <div>Baked Potato w/ Broccoli & Cheese Hot Dog Greek Salad</div>	<div>POPTARTS14</div> <div>Chicken & Mashed Potato Bowl Corn Dog Taco Salad</div>	<div>COCOA PUFF BAR15</div> <div>Pizza Chicken Sandwich Turkey & Cheese Sandwich Holiday Dessert!!</div>	<div>No School E-Learning16</div>
<div>19</div> <div></div>	<div>20</div> <div></div>	<div>21</div> <div></div>	<div>22</div> <div></div>	<div>23</div> <div></div>
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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.

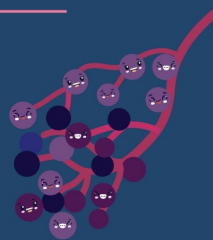
DISCOVER: BLUEBERRY

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.



ACE'S RECIPE OF THE MONTH:

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.**