

Glen Hills DECEMBER 2022



PICK 2

ACE'S CORNER

Lunch Prices
Paid: \$2.70
Reduced: \$0.40
Adult Meal: \$4.65
Milk without a meal: \$0.45



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
xx	xx	xx	French Toast w/ Sausage BBQ Chicken Sandwich Sun Butter & Jelly Craisins OR Pears Corn OR Cucumbers 1	Pepperoni Pizza Hamburger Make Your Own Pizza Flatbread Mixed Fruit OR Juice Carrots OR Green Beans 2
Bosco Sticks Chicken Patty Muffin, String Cheese & Yogurt Pack Peaches OR Mixed Fruit Baby Carrots OR Corn 5	Chicken Nachos Grilled Cheese Ham & Cheese Sub Applesauce OR Pears Garbanzo Beans OR Corn 6	Sweet & Sour Popcorn Chicken w/ Rice Cheeseburger Blueberry Yogurt Parfait Peaches OR Blueberries Broccoli OR Celery 7	Waffles w/ Eggs Mini Corn Dogs Sun Butter & Jelly Mixed Fruit OR Craisins Carrots OR Cucumbers 8	9 NO SCHOOL!
Donut w/ Sausage Spicy Chicken Patty Muffin, String Cheese, & Yogurt pack Pears OR Peaches Corn OR Green Beans 12	Beef Tacos Chicken Nuggets Turkey & Cheese Sub Mixed Fruit OR Applesauce Kickin' Pinto Beans OR Corn 13	Popcorn Chicken Turkey Hot Dog Peach Yogurt Parfait Strawberries OR Peaches Fries OR Baked Beans 14	French Toast Sticks w/ Sausage BBQ Pork Rib Sandwich Sun Butter & Jelly Craisins OR Pears Broccoli OR Carrots 15	Cheese Pizza Fish Sticks Make Your Own Pepperoni Pizza Flatbread Juice OR Mixed Fruit Corn OR Peas 16
Pizza Sticks w/ Marinara Meatball Sub Muffin, String Cheese, & Yogurt Pack Peaches OR Applesauce Corn OR Carrots 19	Beef Nachos Popcorn Chicken Turkey, Ham & Cheese Sub Applesauce OR Mixed Fruit Garbanzo Beans OR Corn 20	Boneless Wings Hamburger Blueberry Yogurt Parfait Pears OR Blueberries Fries OR Broccoli 21	Pancakes w/ Eggs Turkey & Gravy Sun Butter & Jelly Peaches OR Craisins Green Beans OR Mashed Potatoes FREE COOKIE W/ EVERY MEAL! 22	23 NO SCHOOL!
26 NO SCHOOL!	27 NO SCHOOL!	28 NO SCHOOL!	29 NO SCHOOL!	30 NO SCHOOL!

MOUSSAKA TO MY EARS

Eggplant is an essential part of moussaka, a classic Mediterranean dish. What we call eggplant (*solanum melongena*) goes by several different names depending where you are in the world. Some of these names include brinjal in India, berenjena in Spanish-speaking countries, patlican in Turkey, aubergine in the UK, and melanzane in Italy. There are over 770 varieties of eggplant, including the small white egg shaped variety, which gave the fruit its name back in the 18th century. While related to tomatoes and potatoes and best prepared as a vegetable, eggplant is actually classified as a berry. Eggplant is rich source of dietary fibers, vitamins C, K, and B, and minerals such as copper, phosphorus, and magnesium. Eggplant is a delicious dish when grilled, baked, boiled, stuffed, or combined with meat and vegetables, but can lead to stomachaches when eaten raw.

ACTIVITY: PURPLE PEOPLE PLEASERS

Find the following purple-hued fruits and veggies in the word puzzle below.

1. Grapes
2. Fig
3. Passion Fruit
4. Eggplant
5. Plum
6. Cabbage
7. Beets
8. Açai
9. Currant
10. Cauliflower



B	Y	K	P	X	R	A	E	T	C	A	B	B	A	G	E	U	V
Z	E	L	T	D	S	I	G	E	A	L	H	E	T	R	O	L	O
R	E	E	S	C	J	O	L	C	U	T	I	S	L	A	P	Y	L
L	A	G	T	T	R	N	Y	A	L	S	Q	L	V	P	R	T	O
O	T	G	E	S	U	M	I	M	I	E	R	L	I	E	K	E	C
U	A	P	A	S	S	I	O	N	F	R	U	I	T	S	U	E	U
B	I	L	C	V	E	T	P	Q	L	L	A	U	B	I	N	R	R
B	C	A	H	O	A	F	A	U	O	J	K	R	G	G	B	X	R
O	Q	N	E	L	C	T	B	A	W	R	B	F	M	G	U	C	A
R	U	T	Y	U	A	C	R	Z	E	W	S	L	I	U	W	O	N
B	G	L	I	P	I	E	E	K	R	H	D	F	S	D	L	D	T
I	P	D	X	T	C	A	N	Y	T	P	L	U	M	A	H	I	M

ACE'S JOKE OF THE MONTH



Q. WHAT EGG IS GREAT
FRIED BUT NEVER
SCRAMBLED?

SEE ANSWER BELOW

DID YOU KNOW?

SHADY CONNECTIONS

As part of the nightshade family, eggplant was once believed to be extremely poisonous.



TINCTURE OF HEALTH

Juice made from the leaves and roots of eggplant can be used to treat throat and stomach disorders, cough, asthma, toothache, rheumatism, and skin problems.

