

# DECEMBER 2021



ACE'S CORNER



Cheese Sandwich offered at lunch daily

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Whole Grain Glazed Donut Banana 1% Milk</p> <hr/> <p>Chicken Nuggets / Crackers Buttered Broccoli Diced Peaches</p>	<p>2</p> <p>Bagel &amp; Cream Cheese Diced Peaches 1% Milk</p> <hr/> <p>Hot dog on a Bun Vegetarian Beans Sliced Pears</p>	<p>3</p> <p>French Toast Maple Syrup Grapes, 1% Milk</p> <hr/> <p>Cheese Pizza Cucumber Slices Fresh Fruit Salad</p>
<p>6</p> <p>Mini Maple Waffles Applesauce 1% Milk</p> <hr/> <p>Grilled Cheese &amp; Tomato Soup Carrot Sticks Fruit Mix</p>	<p>7</p> <p>Whole Grain Muffin Diced Peaches 1% Milk</p> <hr/> <p>Cheeseburger Potato Smiles Sliced Pears</p>	<p>8</p> <p>Whole Grain Powdered Donut Banana 1% Milk</p> <hr/> <p>Chicken Nuggets / Crackers Buttered Broccoli Diced Peaches</p>	<p>9</p> <p>Bagel &amp; Cream Cheese Diced Peaches 1% Milk</p> <hr/> <p>Corn Dog Vegetarian Beans Sliced Pears</p>	<p>10</p> <p>French Toast Maple Syrup Grapes, 1% Milk</p> <hr/> <p>Cheese Pizza Cucumber Slices Fresh Fruit Salad</p>
<p>13</p> <p>Mini Maple Waffles Applesauce 1% Milk</p> <hr/> <p>Cheeseburger Potato Smiles Carrot Sticks Fruit Mix</p>	<p>14</p> <p>Whole Grain Muffin Diced Peaches 1% Milk</p> <hr/> <p>Meatball Sandwich Tater Tots Sliced Pears</p>	<p>15</p> <p>Whole Grain Chocolate Glazed Donut Banana 1% Milk</p> <hr/> <p>Chicken Nuggets / Crackers Buttered Broccoli Diced Peaches</p>	<p>16</p> <p>Bagel &amp; Cream Cheese Diced Peaches 1% Milk</p> <hr/> <p>Hot dog on a Bun Vegetarian Beans Sliced Pears</p>	<p>16</p> <p>French Toast Maple Syrup Grapes, 1% Milk</p> <hr/> <p>Cheese Pizza Cucumber Slices Fresh Fruit Salad</p>
<p>20</p> <p>Mini Maple Waffles Applesauce 1% Milk</p> <hr/> <p>Cheeseburger Potato Smiles Carrot Sticks Fruit Mix</p>	<p>21</p> <p>Whole Grain Muffin Diced Peaches 1% Milk</p> <hr/> <p>Macaroni &amp; Cheese Vegetarian Beans Sliced Pears</p>	<p>22</p> <p>Whole Grain Powdered Donut Banana 1% Milk</p> <hr/> <p>Chicken Nuggets / Crackers Buttered Broccoli Diced Peaches</p>	<p>23</p> <p>French Toast Maple Syrup Grapes 1% Milk</p> <hr/> <p>Cheese Pizza Cucumber Slices Fresh Fruit Salad</p> <p><b>EARLY DISMISSAL</b></p>	<p>24</p> <p>CLOSED – WINTER RECESS DEC 24<sup>TH</sup> – 31<sup>ST</sup></p>

**Now Hiring!!**  
Food Service is Hiring!  
**Work While Kids are in School**  
Apply online @  
<https://oceancityschools.tedk12>

**Break Entrée Choices**- Pick 2 Items (v) Pick item #1:  
Assorted cereals, pop-tarts, muffins. Low-fat Danimals yogurt/Pick item #2: Low fat string cheese, Animal crackers  
**Lunch Daily Entrée Choices:** PB & Jelly (v), PB Sandwich (v), Cheese Sandwich (v), Turkey & Cheese or Ham & Cheese Sandwich, Ace's Yogurt & Soft Pretzel Pack (v), Aces's Pizza Bagel Pack, Ace's Fruit/Yogurt, Low-fat String Cheese & Graham Cracker/Goldfish Crackers Pack (v)

# 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.

