

DECEMBER 2021



Mariemont Elementary School

*Menus are subject to change



*Wow Butter (Soy Based) & Jelly Sandwiches, Yogurt Snack Boats, Milk Varieties and a Colorful Assortment of Fruits & Vegetables Available Daily

Suggestions, comments, or questions? Contact Steve at Schlimm-STEVEN@aramark.com or Cassie at mcgowan-Cassandra@aramark.com

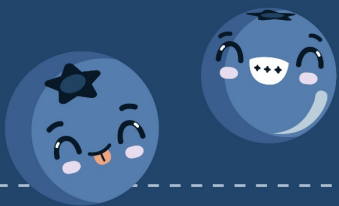
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Featured Offerings BBQ Chicken Tender Sub Chicken Patty on a Bun Featured Side Items Zucchini Sweet Potato Fries Diced Peaches	2 Featured Offerings Chicken BBQ Sandwich Hot Dog on a Bun Featured Side Items Applesauce Celery Sticks Charro Black Beans	3 Featured Offerings Pizza Day! Enjoy House-made Pepperoni or Cheese! Featured Side Items Broccoli Orange Juice
6 Featured Offerings Chicken Drumstick with Biscuit Cheeseburger on a Bun Featured Side Items Mashed Potatoes Mixed Fruit Broccoli	7 Featured Offerings Chicken Parmesan over Spaghetti Chicken Tenders Featured Side Items Grape Tomatoes Mixed Vegetables Fruit Punch	8 Featured Offerings Beef Soft Tacos with Corn Muffin Chicken Patty on a Bun Featured Side Items Sante Fe Rice Charro Black Beans Sweet Potato Fries Diced Peaches	9 Featured Offerings Popcorn Chicken Bowl Hot Dog on a Bun Featured Side Items Baked Beans Applesauce Celery Sticks	10 Featured Offerings Pizza Day! Enjoy House-made Pepperoni or Cheese! Featured Side Items Broccoli Orange Juice
13 Featured Offerings Fish Bites with Mac & Cheese Cheeseburger on a Bun Featured Side Items Waffle Fries Grape Tomatoes Mixed Fruit	14 Featured Offerings Chicken & Tot Stack with Garlic Bread Chicken Tenders Featured Side Items Mixed Vegetables Fruit Punch	15 Featured Offerings Cheese Stuffed Ravioli with Marinara and Breadstick Chicken Patty on a Bun Featured Side Items Zucchini Red Peppers Diced Peaches	16 Featured Offerings Salisbury Steak and Gravy Hot Dog on a Bun Featured Side Items Mashed Potatoes Applesauce Celery Sticks	17 Featured Offerings Pizza Day! Enjoy House-made Pepperoni or Cheese! Featured Side Items Broccoli Orange Juice
20	21	22	23	24
<div style="background-color: red; color: white; padding: 10px; border-radius: 15px; display: inline-block;"> <h2 style="margin: 0;">Winter Break!</h2> <p style="margin: 0; font-size: 1.2em;"><i>Enjoy Yourselves & Be Safe!</i></p> </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.

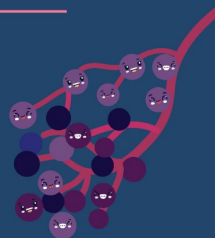
DISCOVER: BLUEBERRY

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.**