



# HAPPIER HOLIDAYS.

Want to avoid overeating during the holidays? Make sure you eat breakfast every morning. Missing that first meal

every morning.

Missing that first meal of
the day can cause you to
feel intense cravings and extreme hunger, making it

teel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!



## Monday, December 2

# **Breakfast**

Cereal; Grahams

## Lunch

Assorted Pizza Or PBJ Uncrustable Side Salad w/ grated carrots & grape tomatoes Hot Vegetable of Choice Assorted Fruit Choices

#### Tuesday, December 3

#### **Breakfast**

WG Turkey Sausage Square; Fruit of Choice

## Lunch

Chicken Nuggets Or Sliced Ham Mashed Potatoes Glazed Fresh Baby Carrots Assorted Fruit Choices Fresh Baked Wheat Roll

# Wed., December 4

## **Breakfast**

Warm Ham Roll; Fresh Orange Wedges

# <u>Lunch</u>

Hot Dog / WG Bun With/without Chili Or Meatballs / WG Bun with w/Sauce & Cheese Baked Beans Crisp Cole Slaw Assorted Fruit Choices

# Thursday, December 5

# **Breakfast**

French Toast; Fruit

#### Lunch

Beef Taco on soft Shell with grated cheese, shr. lettuce Or Turkey & Cheese Roll-Up Golden Corn Seasoned Green Beans Assorted Fruit Choices

# Friday, December 6

#### **Breakfast**

Yogurt; Muffin

#### Lunch

Crisp Chicken Patty/WG Bun Fish Sticks w/ Bakery Roll Oven Baked Potato Wedges Broccoli w/ cheese Assorted Fruit Choices

# Monday, December 9

# **Breakfast**

WG Turkey Sausage Breakfast Square;

## **Lunch**

Turkey Combo w/cheese
On WG Bun Or
Texas BBQ/ WG Bun
Crunchy Cole Slaw
Oven Baked French Fries
Assorted Fruit Choices

# **Tuesday, December 10**

# **Breakfast**

Cereal; Grahams; Fresh Banana

# <u>Lunch</u>

Popcorn Chicken or Manager's Choice Entree Mashed Potatoes Fresh Frozen Green Peas Assorted Fruit Choices Fresh Baked Wheat Roll

# Wed., December II

# **Breakfast**

Flapstick; Fruit

# December Birthday Lunch!

Cheesy Pizza Sticks w/ Marinara Sauce Or Warm Ham & Cheese /WG Bun Romaine Salad w/ dressing Herb Roasted Fresh Carrots & Red Potatoes

"Happy Birthday" Ice Juice Cup

# Thursday, December 12

# **Breakfast**

Egg & Cheese Biscuit

# <u>Lunch</u>

Beef Chili w/ Beans with "Tostitos Baked Scoops" or Manager's Choice Entree Fresh Baked Potato Assorted Fruit Choices



# Friday, December 13

# <u>Breakfast</u>

Canadian "turkey" Ham Roll; Fresh Orange Smiles

# **Early Dismissal Day**

# <u>Lunch</u>

Crisp Corn Dog or PBJ Fresh Veggies w/ dip Fruit/Veggie Juice





# TUESDAY, DEC 17

# Monday, December 16

## **Breakfast**

Egg Quesadilla; Fruit

## **Lunch**

Turkey & Cheese Sandwich Or Manager's Choice Entrée Baked Beans Broccoli w/ cheese Assorted Fruit Choices

# Tuesday, December 17

# **Breakfast**

Cereal; Grahams

# Holiday Lunch

Holiday Chicken Nuggets or Oven Baked Chicken Mashed Sweet Potatoes Seasoned Green Beans Holiday Fruit Salad Fresh Baked Wheat Roll Holiday Cookie

## Wed., December 18

# <u>Breakfast</u>

French Toast Sticks

# **Brunch for Lunch**

Cheesy Scrambled Eggs with Turkey Bacon; Or Chicken Patty Crisp Potato Coins Baked Apple Slices Whole Grain Toast

# Thursday, December 19

# <u>Breakfast</u>

Cereal: Grahams

#### Lunch

Manager's Choice Entrées With whole grain bread Hot Vegetable of Choice Assorted Fruit Choices

# Friday, December 20

#### Breakfast School's Choice

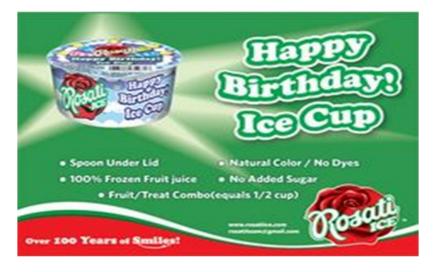
#### Lunch

Corn Dog or PBJ Sandwich Fruit/Veggie Juice Mini Box of Raisins

See you next year!



Parents, beginning in December, School Nutrition will select a day each month to celebrate birthdays for all students born in that month. Each lunch served that day will include a "Happy Birthday" Ice Cup (also available at no charge to those birthday students who pack their lunch.) This product is 100% juice, with no added sugars and no dyes. We believe this will be a healthier option to celebrate birthdays without cake and extra sugary treats in the classroom. We think our students will LOVE the Ice Cup and we hope you will join us in our effort to provide ALL students with a fun, healthier way to celebrate birthdays.



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# www.myschoolbucks.com

You may view your child's account balance and obtain a 60 day print out of your child's activity at no cost. You may also add to your child's meal account via a credit card







