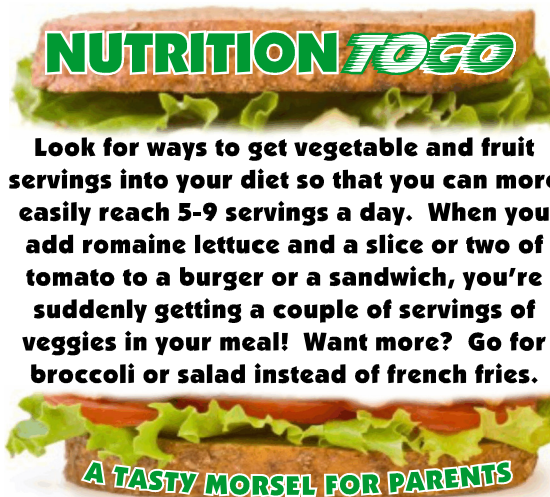




Hutcherson Early Learning Center

This institution is an equal opportunity provider. Menus are subject to change.



Look for ways to get vegetable and fruit servings into your diet so that you can more easily reach 5-9 servings a day. When you add romaine lettuce and a slice or two of tomato to a burger or a sandwich, you're suddenly getting a couple of servings of veggies in your meal! Want more? Go for broccoli or salad instead of french fries.



Not only do kids eat more in the winter, they also tend to exercise less.

Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

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

DON'T 4GET!
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

Tuesday, December 1

Lunch Entrée

(Choose 1)

Breakfast for Lunch
or
Jamwich PB&J

Lunch Sides

(All Included)

Crispy Tater Rounds
V-Blend Juice
Baked Apples

Wednesday, December 2

Lunch Entrée

(Choose 1)

Chicken Patty on WG Bun
or
Jamwich PB&J

Lunch Sides

(All Included)

Steamed Broccoli
Crinkle Cut Oven Fries
Chilled Diced Peaches

Thursday, December 3

Lunch Entrée

(Choose 1)

Crispy Fish Shapes
or
Jamwich PB&J

Lunch Sides

(All Included)

California Vegetable Medley
Romaine Garden Salad
Chilled Sliced Pears

Friday, December 4

Lunch Entrée

(Choose 1)

Cheesy Beef Nachos
or
Jamwich PB&J

Lunch Sides

(All Included)

Golden Sweet Corn
Refried Beans
Fresh Apple Slices

Monday, December 7

Lunch Entrée

(Choose 1)

Corn Dog Nuggets
or
Jamwich PB&J

Lunch Sides

(All Included)

Steamed Green Peas
Creamy Cole Slaw
Chilled Mixed Fruit

Tuesday, December 8

Lunch Entrée

(Choose 1)

Cheeseburger on WG Bun
or
Jamwich PB&J

Lunch Sides

(All Included)

Green Beans
Mashed Potatoes w/Gravy
Chilled Applesauce

Wednesday, December 9

Lunch Entrée

(Choose 1)

Cheese or Pepperoni Pizza
or
Jamwich PB&J

Lunch Sides

(All Included)

Celery Sticks w/Ranch Dip
Crispy Tater Rounds
Chilled Pineapple Tidbits

Thursday, December 10

Lunch Entrée

(Choose 1)

Southwest Chili w/Beans & Tortilla Chips
or
Jamwich PB&J

Lunch Sides

(All Included)

Seasoned Potato Wedges
Romaine Salad
Mandarin Orange Sections

Friday, December 11

Lunch Entrée

(Choose 1)

Beef-A-Roni w/Garlic Bread Stick
or
Jamwich PB&J

Lunch Sides

(All Included)

Steamed Broccoli Florets
Glazed Carrot Medley
Fresh Apple Slices

Weekly Breakfast Menus

December 1–4

Tuesday: Breakfast Chicken Sandwich
Wednesday: Cereal & Grahams
Thursday: *EGGOWG* Mini Waffles
Friday: WG Flap Stick

December 7–11

Monday: Kellogg's WG Pop Tart
Tuesday: Cereal & Grahams
Wed: Pillsbury WG Mini Pancakes
Thursday: Cereal & Grahams
Friday: Ham & Egg Biscuit

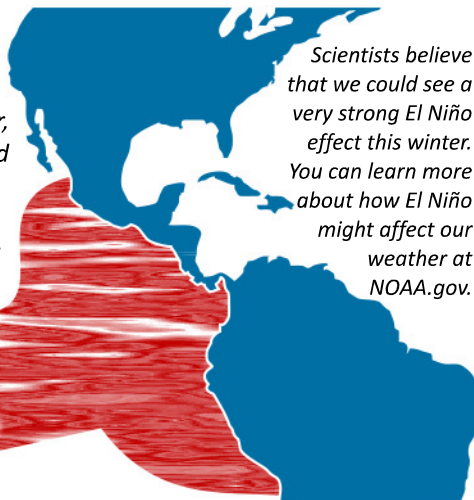
December 14–18

Monday: Cereal & Grahams
Tuesday: Breakfast Chicken Sandwich
Wednesday: Cereal & Grahams
Thursday: *EGGOWG* Mini Waffles
Friday: WG Flap Stick

Breakfast includes:
100% Fruit Juice & 8oz of Milk

The climate phenomenon known as “El Niño” occurs in years when Pacific Ocean waters off the coast of Central and South America become warmer than usual. El Niño can make California wetter and warmer, the southern U.S. wetter and cooler, the northwest and central states warmer and drier, and the mid-Atlantic and northeast warmer on the whole, but prone to big snowstorms.

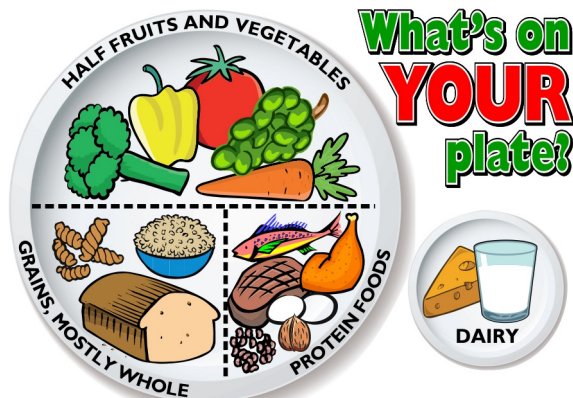
El Niño



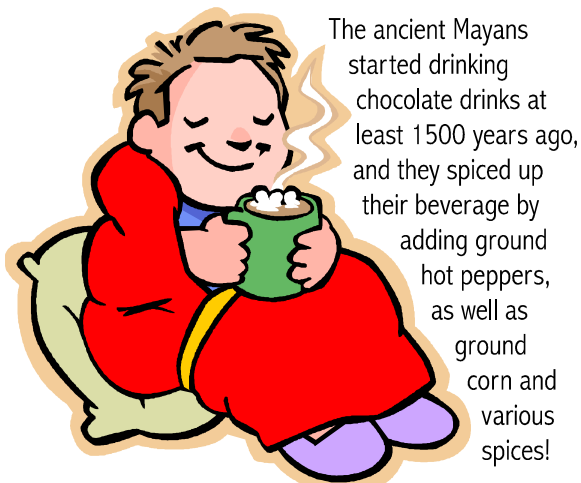
Scientists believe that we could see a very strong El Niño effect this winter. You can learn more about how El Niño might affect our weather at NOAA.gov.



From Beth Morris,
Director of School Nutrition
& the School Nutrition Staff
at your school



REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
<u>Lunch Entrée</u> (Choose 1) Chicken Nuggets or Jamwich PB&J	<u>Lunch Entrée</u> (Choose 1) Hot Ham & Cheese on WG Bagel or Jamwich PB&J	<u>Lunch Entrée</u> (Choose 1) Chicken Patty on WG Bun or Jamwich PB&J	<u>Lunch Entrée</u> (Choose 1) Spaghetti & Meat Sauce or Jamwich PB&J	<u>Lunch Entrée</u> (Choose 1) Chicken Fajita on Soft Tortilla or Jamwich PB&J
<u>Lunch Sides</u> (All Included) Southern Baked Beans Crunchy Baby Carrots w/Ranch Dip Chilled Applesauce	<u>Lunch Sides</u> (All Included) Crispy Tater Rounds V-Blend Juice Baked Apples	<u>Lunch Sides</u> (All Included) Steamed Broccoli Crinkle Cut Oven Fries Chilled Diced Peaches	<u>Lunch Sides</u> (All Included) California Vegetable Medley Romaine Garden Salad Chilled Sliced Pears	<u>Lunch Sides</u> (All Included) Golden Sweet Corn Refried Beans Fresh Apple Slices



HAPPY 2016!

Last day of school: Friday, December 18
Classes resume: Monday, January 4

SEE YOU NEXT YEAR!

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html