

DECEMBER 2018



DAILY SPECIALS



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pizza Marinara Breadstick Vegetable Medley/Ranch Pineapple Fresh Fruit	4 Orange Chicken Vegetable Stir-Fry Brown Rice Mandarin Oranges Fresh Fruit	5 Half Day Corn Dog Baby Carrots/Ranch <i>SunChips</i> Fresh Fruit	6 Breakfast for Lunch! Egg & Hashbrown Bake Pancakes Syrup Blueberries Fresh Fruit	7 Sloppy Joe Ranch Beans Corn Applesauce Fresh Fruit
10 <i>Hanukkah Ends</i>  Pizza Marinara Cheesy Garlic Roll Baby Carrots/Ranch Pineapple Fresh Fruit	11 Walkin' Tacos Fresh Pico de Gallo Corn Mexican Beans Mixed Fruit Fresh Fruit	12 BBQ Riblet Sandwich Coleslaw Baked Chips Pears Fresh Fruit	 13 Holiday Meal Holiday Ham Herb Roasted Potatoes Cranberry Glazed Carrots Dinner Roll Mandarin Oranges Fresh Fruit Cherry Chocolate Dessert	14 Smart Chili Cheese Fries Pasta Salad Peaches Fresh Fruit
17 Pizza Marinara Breadstick Spinach Salad Pineapple Fresh Fruit	18 Bean Tostadas Fresh Pico de Gallo Corn Spanish Rice Mexican Beans Applesauce Fresh Fruit	19 Ham & Potato Soup Dinner Roll Vegetable Medley Peaches Fresh Fruit	20 International Lunch – FRANCE! Croque Monsieur Croissant Green Salad with French Vinaigrette Pears  Orange Slices French Apple Tart	21 Half Day PB&J Uncrustable Baby Carrots/Ranch Scooby Snacks Fresh Fruit
24 Christmas Eve 	25 	26 Winter Break 	27 Winter Break 	28 Winter Break 
January 7 Pizza Marinara Breadstick Peas & Carrots Pineapple Fresh Fruit	8 Tomato Florentine Soup Toasted Cheese Sandwich Vegetable Medley Pears Fresh Fruit	9 Cheese Stuffed Breadstick Dipper Marinara Italian Vegetables Mandarin Oranges Fresh Fruit	10 Crispy Chicken Sandwich Lettuce & Tomato Tater Tots Baked Beans Coleslaw Applesauce Fresh Fruit	11 Macaroni & Real Cheese Garlic Bread Spinach Salad Peaches Fresh Fruit
	Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Cantaloupe, Honeydew, Pineapple, Pears, Kiwi We offer second helpings of vegetables & fruit!	This institution is an equal opportunity provider	Prices 6-12 - \$2.65 Adult - \$3.80 Milk - \$0.30 Milk is included in the price of meals. 	

The Smoothie Station



- Fruit Smoothie
- Yogurt, Fruit & Granola Parfait

Personalize your meal using



MORE LUNCH OPTIONS AT THE



- Large Salad/Salad Bar
- Deli SubSandwich

- Hamburger on a bun
- Crispy Chicken Breast Sandwich
- Pepperoni Pizza Ripper
- Wild Mike's Cheese Bites
- Chicken Tenders
- PB&J Uncrustable





...Or the "Daily Eats" of the Day



DAILY BREAKFAST SPECIALS



Monday	Tuesday	Wednesday	Thursday	Friday
3 Bagels w/cream cheese or PB&J	4 Yogurt & Fruit Parfait Bar Wheat Toast	5 Huevos Rancheros on a WG Corn Tortilla	6 Oatmeal with choice of toppings	7 Pumpkin Muffin
10 Fruit Pockets	11 Dutch Waffles with Fruit	12 Ham, Egg & Potato Breakfast Burrito	13 WG Pancakes/Syrup Sausage	14 Raisin Bran Muffin 
17 Pancake on a Stick	18 Scrambled Eggs & Ham Wheat Toast	19 Chicken & Waffles	20 Apple Baked Oatmeal	21 Cranberry Orange Muffin
January 7 Banana or Zucchini Bread	8 French Toast w/ Fruit Compote	9 Breakfast Quiche	10 Breakfast Pizza	11 Carrot Muffin
	All cafeteria breakfasts include an alternate entrée option of cold cereal. Additional side items offered daily: milk, yogurt, cottage cheese, choice of fruit or juice, and usually yogurt parfaits. <i>Fresh fruit is always offered.</i>			Prices 6-12 - \$1.45 Adult - \$1.80 Milk - \$0.30 <small>All meals include MILK</small>

Tips for Avoiding Weight Gain during the Holidays

- 1. – Eat small portions:** A little taste as good as a lot. Even calories from healthy foods can add up. Remember a key to a healthy lifestyle and good nutrition is **USE MODERATION.**
- 2. Use a smaller plate:** It makes you feel like you are eating more if your plate is full, even if it is smaller.
- 3. Start by filling your plate with vegetables and salad:** Don't overdo the dressing. Enjoy the more nutrient-dense foods before going to the entrees and desserts.
- 4. Eat slowly** and thoroughly enjoy every bite. A small serving could last a long time!
- 5. Wait 10 minutes before going back for seconds.** This will give you time to tell if you really are hungry for more.
- 6. Keep Moving** – get some physical activity. You could go for a walk, or play a game, such as basketball, with the family.
- 7. Consult with the USDA eating plans,** such as MyPlate (ChooseMyPlate.org) to be sure you are getting the variety and nutrients you need! Be sure to include lots of fruits and vegetables!
Another key to good nutrition is **GET A VARIETY OF FOODS.**

