



Choose **MyPlate**.gov

# December

2017



Join us for **BREAKFAST**, served **7:45-8:10 am**  
 Choices may include: cereal, muffins, bagels, or UBR bar, cheese stick or yogurt, fruit, and milk

All meals are served with 1% or non-fat ice-cold milk

Monday	Tuesday	Wednesday ** Early Release	Thursday	Friday	FFVP Focus
November 27	28	29	30	December 1	Honey Kiss & Summer Kiss Melons
Mighty Meatloaf, Dinner Roll, Mashed Potatoes, Fruit Salad	Enchilada Casserole with Lettuce & Tomato, Beans, Oranges	Soup & Toasted Cheesewich, Garden Salad, Banana Smiles	Creamy Beef Stroganoff Pasta, Green Beans, Melon Slices	Tangy Orange Chicken & Rice, Mixed Veggies, Sweet Berries	
4	5	6	7	8	Blood Orange
Baked Potato with Cheese & Broccoli, Buttery Biscuit, Awesome Apples	Mrs. Tomasa's Tuna Salad w/ Chips, Beans, Grape Buddies	Turkey & Cheese Sandwich, Super Salad, Fruit Medley	Hungry Hamburger on Bun, Carrots & Celery, Pear	Home-style Macaroni & Cheese, Roll, Green Beans, Apples	
11	12 *Winter Concert	13	14	15	National Pear Month
Meaty Pasta with Marinara Sauce, Roll, Green Beans, Berry Blend	Cheesy Bean Burrito, Lettuce & Tomato, Oranges	Chicken Tenders with Zesty Rice, Garden Salad, Grapes	Chef Salad w/ Local Microgreens, Cheesy Breadstick, Apple Wedges	Chicken Teriyaki & Rice, Mixed Veggies, Pear	
18	19	20	21	22	Healthy Habit #4
Tuna & Noodle Dish, Super Salad, Apples	Mrs. Tomasa's Frijoles Charros Soup, Tortilla, Melon Bites	Corn Dog, Creamy Pasta, Green Beans, Fruit Salad	Deli Ham Sandwich, Garden Salad, Orange Wedges	Holiday Celebrations PBJ Power Lunch, Carrots, Apple	
25	26	27	28	29	

Winter Break - see you Jan. 8<sup>th</sup>



## All-School Winter Choral Concert

Tuesday 12/12, 6:00 p.m.

*Students must arrive by 5:30 p.m.*



### Brussel Sprout Salad:

- 24 oz. Brussel sprouts-shredded
- 6-8 slices Bacon- cooked, chopped
- 1 cup Red onion- diced
- 2/3 cup Dried Cherries/Cranberries
- 2/3 cup Sliced Almonds
- 4 oz. Goat cheese- crumbled

Combine and toss with 1 cup Citrus Vinaigrette or Honey Mustard Vinaigrette

### December's Harvest:

Beets, Broccoli, Brussel sprouts, Carrots, Clementines, Grapefruit, Green onion, Herbs, Lemons, Lettuce, Oranges, Radishes, Spinach, Sweet potatoes, Tangerines, Turnips

This institution is an equal opportunity provider. *Esta institución es un proveedor que ofrece igualdad de oportunidades.*  
 Food items are subject to availability.

# Winter Break Reading Challenge

*Draw a snowflake for every 20 minutes  
of reading done!*

