NUTRITION TOGO

Throughout the year (and especially during the holidays) try to make sure your family meals start with high-fiber and low-calorie raw veggies, salad, or broth-based soup. You'll feel fuller and eat less of the heavier, less healthy stuff for dinner. All of these things take some time to eat, too, giving your stomach time to catch up to your eyes!

A QUICK BITE FOR PARENTS

Friday, December 6

Thursday, December 5

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

Middle School

Available Daily

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 Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

> Other daily UNCH options:

LARGE SALAD PIZZA (select varieties)

SANDWICH

| | <u>Breakfast</u> Breakfast Pizza Or Continental Breakfast | <u>Breakfast</u> Yogurt parfait Or Continental breakfast | <u>Breakfast</u> Mini Waffles Or Continental Breakfast | <u>Breakfast</u> Cinni mini Or Continental breakfast | <u>Breakfast</u> French toast sticks Or Continental breakfast |
|---|--|---|--|--|--|
| | Lunch Breakfast for lunch (mini pancakes, Hashbrown & Yogurt) Or Pasta with meat sauce | Lunch Grilled Cheese Sandwich Or Beef Taco | Lunch Cheese Pizza Or Chicken Patty Sandwich | Lunch Cheesy Breadsticks Or Orange Chicken Bowl | Lunch Macaroni and cheese Or Chicken tenders Cookie |
| 7 | Monday, December 9 | Tuesday, December 10 | Wednesday, December II | Thursday, December 12 | Friday, December 13 |
| | <u>Breakfast</u> Scone Or Continental Breakfast | <u>Breakfast</u> Cheesy breadsticks Or Continental breakfast | Breakfast Breakfast Sandwich Or Continental Breakfast | Breakfast Mini Pancakes Or Continental Breakfast | <u>Breakfast</u> Cinnamon Roll Or Continental Breakfast |
| | Lunch BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT) | Lunch BEAN & CHEESE EMPANADA OR BEEF TACO | <u>Lunch</u> CHEESE PIZZA OR CHEESEBURGER | Lunch CHEESY BREADSTICKS OR TURKEY & GRAVY | <u>Lunch</u> BEAN AND CHEESE BURRITO OR CRUNCHY FISH STICKS & |

Tuesday, December 3

Monday, December 2

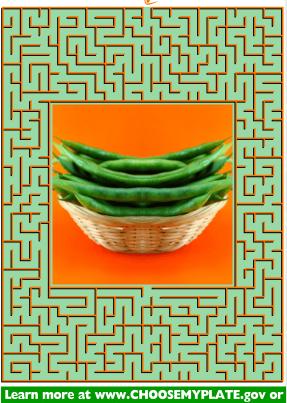
MEATS@

Wednesday, December 4



Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!





PLANT SCIENTISTS HAVE

GROCERY STORE! THE NEW SUPERVEGGIE (CALLED

BUT TRUE

COMBINED KALE AND BRUSSEL SPROUTS TO CREATE A

COMPLETELY NEW KIND OF VEGETABLE -- AND YOU CAN ACTUALLY BUY THESE CUTE LITTLE GUYS IN THE

KALETTES) TEAMS UP THE

SUPERIOR NUTRITION OF KALE WITH THE EXCELLENT FIBER OF BRUSSEL

SPROUTS. AND THEY'RE **GREAT** ROASTED WITH A LITTLE OLIVE OIL!

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