

# Menus for Middle School December 2024

Roseville City School District

# YOU'RE GOOD



## ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

### NUTRITION TO GO

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

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

Monday, December 2

**Breakfast**  
BREAKFAST PIZZA  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
(MINI PANCAKES,  
HASHBROWN & YOGURT)  
OR  
PASTA WITH MEAT SAUCE

Tuesday, December 3

**Breakfast**  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE SANDWICH  
OR  
BEEF TACO

Wednesday, December 4

**Breakfast**  
MINI WAFFLES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHICKEN PATTY SANDWICH

Thursday, December 5

**Breakfast**  
CINNI MINI  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN BOWL

Friday, December 6

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI AND CHEESE  
OR  
CHICKEN TENDERS  
  
COOKIE

Monday, December 9

**Breakfast**  
SCONE  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
(MINI PANCAKES,  
HASHBROWN & YOGURT)  
OR  
TURKEY & CHEESE  
SANDWICH

Tuesday, December 10

**Breakfast**  
CHEESY BREADSTICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE EMPANADA  
OR  
BEEF TACO

Wednesday, December 11

**Breakfast**  
BREAKFAST SANDWICH  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHEESEBURGER  
& FRIES

Thursday, December 12

**Breakfast**  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TURKEY & GRAVY  
AND MASHED POTATOES

Friday, December 13

**Breakfast**  
CINNAMON ROLL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN AND CHEESE BURRITO  
OR  
CRUNCHY FISH STICKS &  
CHIPS  
  
COOKIE

## Available Daily

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 LUNCH options:  
DELI SANDWICH  
LARGE SALAD  
PIZZA  
(select varieties)





What's on **YOUR** plate?



## 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!

*Start here!*



Learn more at [www.CHOOSMYPLATE.gov](http://www.CHOOSMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



PLANT SCIENTISTS HAVE COMBINED KALE AND BRUSSEL SPROUTS TO CREATE A **COMPLETELY NEW** KIND OF VEGETABLE -- AND YOU CAN ACTUALLY BUY THESE **CUTE LITTLE GUYS** IN THE GROCERY STORE! THE NEW **SUPERVEGGIE** (CALLED **STRANGE BUT TRUE!** **KALETES**) TEAMS UP THE SUPERIOR NUTRITION OF KALE WITH THE EXCELLENT FIBER OF BRUSSEL SPROUTS. AND THEY'RE **GREAT** ROASTED WITH A LITTLE OLIVE OIL!

Monday, December 16	Tuesday, December 17	Wednesday, December 18	Thursday, December 19	Friday, December 20
<b>Breakfast</b> BREAKFAST PIZZA OR CONTINENTAL BREAKFAST	<b>Breakfast</b> YOGURT PARFAIT OR CONTINENTAL BREAKFAST	<b>Breakfast</b> MINI WAFFLES OR CONTINENTAL BREAKFAST	<b>Breakfast</b> CINNI MINI OR CONTINENTAL BREAKFAST	<b>Breakfast</b> FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST
<b>Lunch</b> BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT) OR PASTA WITH MEAT SAUCE	<b>Lunch</b> GRILLED CHEESE SANDWICH OR BEEF TACO	<b>Lunch</b> CHEESE PIZZA OR CHICKEN PATTY SANDWICH	<b>Lunch</b> CHEESY BREADSTICKS OR ORANGE CHICKEN BOWL	<b>Lunch</b> CHEF'S CHOICE  COOKIE

SEE YOU IN

**2025**  
**HAPPY NEW YEAR!**

Last day of school:  
 Friday,  
 December 20

Classes resume:  
 Wednesday,  
 January 8