

DECEMBER

Breakfast Lunch

Monday, December 2nd

Yogurt Parfait w/ Granola	White Beans and Rice Green Beans, Biscuit Cheese Pizza California Salad
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Tuesday, December 3rd

Chicken and Maple Waffles	Frito Pie - Chili, Cheese Sour Cream, Corn, Rice, Biscuit Chicken Ranch Sandwich Hot Dog w/ Chili
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Wednesday, December 4th

Banana Muffin	Oven Fried Chicken Tator Tots w/ Ketchup Broccoli, Biscuit Pepperoni Pizza Chicken Ranch Wrap
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Thursday, December 5th

Grits w/ Butter Sausage Links	Turkey Tacos w/ Chili, Salsa Cheese, Lettuce, Corn, Rice Meatball Sub Ciabatta Honey Mustard Chicken Sandwich
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Friday, December 6th

Cinnamon Rolls w/ Icing	Hot Dog w/ Chili, Cheese French Fries w/ Ketchup Turkey & Cheese Ciabatta Southwest Salad
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Cooking With Your Kids Over the Holidays

Holidays are the perfect time to get your children involved in the kitchen. They can learn new cooking skills while learning how to prepare healthy meals at the same time.



Here are a few tips

and tricks to get your kids cooking:

- ◇ **Safety first:** Make sure you cover safety rules before anything else. Good handwashing and personal hygiene are a must when working in the kitchen.
- ◇ **Start with simple tasks:** Simple tasks allow your children to gradually get comfortable with kitchen equipment, cooking, and prep work. Allowing them to work at their own pace when completing tasks will allow them to feel more independent when it's time to let them cook for themselves.
- ◇ **Be realistic:** Assign your children tasks appropriate for their age group.
 - A) **Five & six-year-olds:** Can pour liquids into batter, use stencils to cut out cookies, sort out ingredients into piles, count out the number of ingredients, and stir bowls of batter or pudding.
 - B) **Seven & eight-year-olds:** Can hand more intermediate tasks. They can measure ingredients, blend ingredients together, rinse off produce and gather ingredients together after reading the recipe.
 - C) **Nine & ten-year-olds:** Can chop small ingredients, blend batters with a mixer, and put items in the oven.
 - D) **Ten-year-olds & up:** Can chop bigger ingredients, use the oven or microwave, boil vegetables, and decorate and ice cookies or cakes.

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

▶ Available Daily

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, December 9th

Egg & Cheese Muffin	Meatball Marinara on Ciabatta, Steamed Corn Chicken Ranch Salad Baked Potato w/ Chili & Sour Cream
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Tuesday, December 10th

Scrambled Eggs Biscuit w/ Jelly	Chicken Tenders, Potato Wedges w/ Ketchup Carrots w/ Ranch Biscuit Turkey & Cheese Panini Garden Salad w/ Ham
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Wednesday, December 11th

Blueberry Muffin	BBQ Chicken Thigh Mac & Cheese, Baked Beans, Green Beans, Biscuit Hamburger, Dressing Cup Hot Dog w/ Chili
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Thursday, December 12th

Maple Pancake Chicken Sausage Sandwich	Spaghetti and Meat Sauce Broccoli, Breadstick Honey Mustard Chicken Sandwich Chicken Parm Panini
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Friday, December 13th

French Toast Sticks	Chicken & Sausage Gumbo Rice, Salad w/ Tomatoes Wheat Crackers, Pepperoni Pizza Buffalo Chicken Wrap
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► Available Daily

All Meals Served With:

Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, December 16th

Yogurt Parfait w/ Granola
Red Beans & Rice
Carrots w/ Ranch, Cornbread
Cheese Pizza
California Salad

Tuesday, December 17th

Maple Pancake
Chicken Sandwich
Lasagna, Green Beans
Pepperoni Pizza
Chicken Caesar Salad

Wednesday, December 18th

Banana Muffin
Herb Roasted Chicken
w/ Rice and Gravy, Peas
Salad w/ Carrots, Biscuit
Hamburger Dressing Cup
Hot Dog w/ Chili & Cheese

Thursday, December 19th

Grits w/ Butter
Sausage Links
Turkey Roast w/ Gravy
Carrot Souffle, Brown Rice
Sweet Potatoes
BBQ Chicken Sandwich
Meatball Sub Ciabatta

Friday, December 20th

Cinnamon Rolls w/ Icing
Hamburger w/ French
Fries, Dressing Cup
Turkey & Cheese Panini
Chicken Ranch Wrap

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Enjoy a Healthy Holiday

Trying to stay fit around the holiday season can seem like a daunting task to achieve. However, there are many strategies that you can try this holiday season to avoid that pesky weight gain.



- 1) **Never skip a meal.** If you skip a meal the day of your holiday party, it will only make you want to overindulge when you arrive.
- 2) **Use smaller plates.** Most holiday parties are buffet style. When making your way to the table, using a smaller plate will help you with following correct portion sizes.
- 3) **Eat slowly.** Many times our eyes are bigger than our stomachs. A good rule of thumb is after you finish eating, wait 10 minutes before getting a second serving to see if you're really still hungry.
- 4) **Balance with physical activity.** Try to balance your extra holiday calories with extra physical activity. There are many small changes you can make to your everyday routine to help you balance out those extra calories. You can take the stairs at the office or walk around throughout the day or on your lunch break. You can also go for a walk or play a sport outside with your kids or pets. Lastly, you could try to catch up on some household cleaning to try and stay active.

December 23rd
Through
December 31st



WINTER
BREAK
NO SCHOOL!

Check out some of the National Food Days in December!

December 4 -
National Cookie Day
December 7 -
National Cotton Candy Day
December 8 -
National Brownie Day
December 13 -
National Popcorn String Day
December 23 -
National Bake Day
December 26 -
National Candy Cane Day

