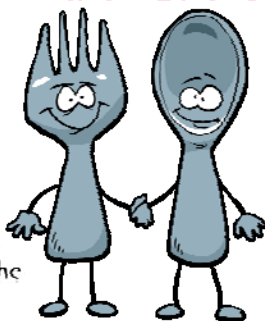


THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



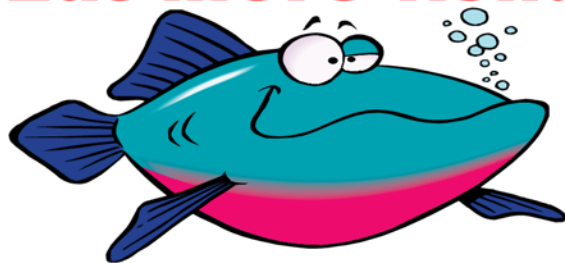
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

MYTray is Good for Me • MYTray is Good for Me

Make MyTray Healthy!
All School Meal Customers Must Choose:

1 Juicy Fruit OR
1 Colorful Vegetable
& 2-4 Additional Different Food Group Choices

Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

We wish you & your family a warm & happy holiday season!

From Karen J. McGahey, Food Service Director
& the School Nutrition Staff at your school

Monday, November 28

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Pizza

Choose 1 from:
Assorted Fruit, Juice

Choose 1-2 from:
Glazed Carrots, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Tuesday, November 29

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Asian Chicken,
Fried Rice, Egg Roll (1/2)

Choose 1 from:
Assorted Fruit, OJ

Choose 1-2 from:
Steamed Broccoli, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choice

Wednesday, November 30

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
BBQ Rib on Bun
Cookie

Choose 1 from:
Assorted Fruit, Juice

Choose 1-2 from:
Corn, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, December 1

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Taco Boat w trimmings,
Mexican Rice, Salsa

Choose 1 from:
Assorted Fruit, OJ

Choose 1-2 from:
Fiesta Black Beans, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, December 2

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Brunch for Lunch
Egg and Cheese Omelet
Fresh Baked Cinnamon Roll

Choose 1 from:
Fruit, Cooked Apples

Choose 1-2 from:
Emoji Fries, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Monday, December 5

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Popcorn Chicken
WW Roll

Choose 1 from:
Assorted Fruit, Juice

Choose 1-2 from:
Steamed Broccoli, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Tuesday, December 6

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Soup, Cheese Toast
Goldfish

Choose 1 from:
Assorted Fruit, Juice

Choose 1-2 from:
Potato Salad, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, December 7

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Hamburger on Bun

Choose 1 from:
Fruit, Cooked Apples

Choose 1-2 from:
Sweet Potato Fries, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, December 8

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Mini Cheese Calzones (3)

Choose 1 from:
Assorted Fruit, Sorbet

Choose 1-2 from:
Green Beans, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, December 9

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Mac and Cheese,
Banana Pudding

Choose 1 from:
Assorted Fruit, OJ

Choose 1-2 from:
Pinto Beans, Slaw, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Monday, December 12

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Corn Dog Pups

Choose 1 from:
Fruit, Cooked Apples

Choose 1-2 from:
Baked Beans, Corn, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choice

Tuesday, December 13

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Beef Stew
Cornbread

Choose 1 from:
Assorted Fruit, Sorbet

Choose 1-2 from:
Slaw, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, December 14

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Holiday Lunch
Turkey w/Dressing, Gravy
WW Roll, Cranberry sauce
Holiday Dessert

Choose 1 from:
Assorted Fruit, OJ

Choose 1-2 from:
Mashed Potatoes, Steamed Broccoli, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, December 15

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Pizza

Choose 1 from:
Assorted Fruit, Juice

Choose 1-2 from:
Glazed Carrots, Assorted Veggies

AfterSchool Snack
Grab and Go Choices

Friday, December 16

Grab-It and Bag-It Brunch:
Go-gurt, Turkey Stick, Beef Stick,
Cheese Stick, Animal Crackers

Choose 1 from:
Sliced Apples, Dried Fruit

Choose 1-2 from:
Baby Carrot Packs, Juice

ENJOY YOUR BREAK!
Classes resume:

Wed., Jan. 4

SEE YOU IN 2017!