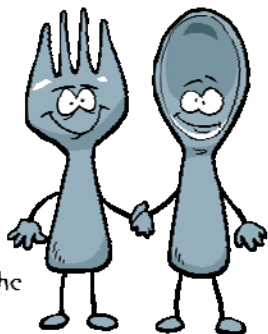


THE FAMILY THAT EATS TOGETHER.



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!

Monday, November 28

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Breaded Chicken Sandwich

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

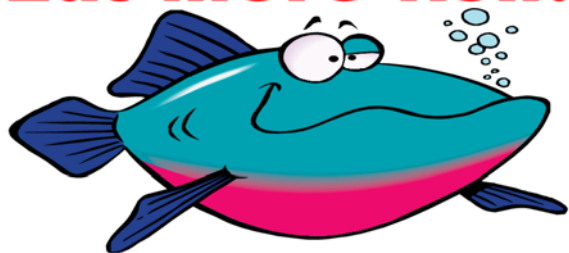
Choose 1-2 from:

Emoji Fries, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

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, 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 Choices

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!