



Serves you right!

This month, let's look at VEGETABLES. MyPlate.gov advises us to eat at least 2-3 cups of veggies a day. **But what exactly makes a cup?** Each of these equals about 1 cup of veggies:

- 5 broccoli florets
- 12 baby carrots or 2 medium regular carrots
- 1 bell pepper cut into strips
- 7 or 8 cherry tomatoes
- 1 medium potato or half a large sweet potato
- 1 large ear of corn
- 2 or 3 celery stalks
- 5 asparagus spears



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

Monday, December 11

Hanna Buffet
Spicy Popcorn Chicken
w/Macaroni & Cheese

Deli Rail
Pizza Burger or Select
Sandwiches and Salads

Served with Choice of Thin
Cut Fries, Vegetables, Fresh
Fruit and Assorted Milk

Tuesday, December 12

Hanna Buffet
Taco Day w/Rice
Hard or Soft Shells

Deli Rail
Four Meat Pizza or Select
Sandwiches and Salads

Served with Choice of
Vegetables, Fresh Fruit
and Assorted Milk

Wednesday, December 13

Hanna Buffet
Chicken Parmesan
& Spaghetti

Deli Rail
Cheeseburger or Select
Sandwiches and Salads

Served with Choice of Cubed
Fries, Vegetables, Fresh Fruit
and Assorted Milk

Thursday, December 14

Hanna Buffet
Corn Dog
Nuggets

Deli Rail
Meatball Sub or Select
Sandwiches and Salads

Served with Choice of Potato
Wedges, Vegetables, Fresh
Fruit and Assorted Milk

Friday, December 15

Hanna Buffet
Bosco Sticks
w/Marinara Sauce

Deli Rail
Spicy Chicken Sandwich or
Select Sandwiches and Salads

Served with Choice of Tater
Tots, Vegetables, Fresh Fruit
and Assorted Milk

Monday, December 18

Hanna Buffet
Big Daddy Pizza with or
without Pepperoni

Deli Rail
Chicken Nuggets or Select
Sandwiches and Salads

Served with Choice of Tater
Tots, Vegetables, Fresh Fruit
and Assorted Milk

Tuesday, December 19

Hanna Buffet
Bacon
Cheeseburger

Deli Rail
Stromboli w/Marinara Sauce
or Select Sandwiches
and Salads

Served with Choice of Thin
Cut Fries, Vegetables, Fresh
Fruit and Assorted Milk

Wednesday, December 20

Hanna Buffet
Walking
Taco

Deli Rail
Buffalo Chicken Pizza or
Select Sandwiches and Salads

Served with Choice of
Vegetables, Fresh Fruit
and Assorted Milk

Thursday, December 21

Chef's Choice



Friday, December 22

*No
Lunch*

Early Dismissal

*Holiday
Break*



**Wishing you and your family a
bright and happy Holiday Season!**

Jackie McMichael, Director of Food Services
& the entire Food Service Staff at your school

**See You
Next Year!**

Last day of school:
Friday, December 22

Classes Resume
Tuesday, January 2

