

Menus for December 2017

Thomas Holtzman Elementary School

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

HAPPY WOOLLY DAYS.

Want to have MAMMOTH fun over the Holidays? Go check out the woolly mammoths at a natural history museum in your area. Or visit an art museum. Or a national monument. Or a children's museum. Cool stuff that's mostly inside!



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

THE ADVENTURES OF **SUPER TASTER**

Not all of us taste food the same way. About one-fourth of all people are "super-tasters." Super-tasters apparently have more taste buds than other people, so everything they eat



tastes stronger to them. They react especially strongly to a bitter compound in broccoli and other veggies, which helps explain why some people dislike (or like) certain foods so intensely. Women are more likely to be super-tasters than men. Another quarter of the population are "non-tasters." They have far fewer taste buds, and can often eat very spicy foods without noticing the burn. Now there's a super-human power!

★ OUR NATION'S HISTORY ★

Orville & Wilbur Wright

In December 1903, the Wright Brothers made the first successful airplane flight at Kitty Hawk, North Carolina, permanently changing the way people travel. Within 55 years, commercial jets were flying paying customers in the United States.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Friday, December 1

Pizzeria Pizza with or without Pepperoni

Alternative Entrées
Chicken Patty or Salad

Served with Choice of:
Baby Carrots
Applesauce
Assorted Milk

Monday, December 4

Chicken Tenders
& Tea Roll

Alternative Entrées
Fish Sandwich or Salad

Served with Choice of:
Steamed Broccoli
Sliced Pears
Assorted Milk

Tuesday, December 5

Turkey Ham & Cheese
on a Roll

Alternative Entrées
Fish Sandwich or Salad

Served with Choice of:
Baby Carrots
100% Fruit Juice
Assorted Milk

Wednesday, December 6

**No
Lunch**

Early Dismissal

**Professional
Development**

Thursday, December 7

"Have It Your Way"
Burger Day

Alternative Entrées
Fish Sandwich or Salad

Served with Choice of:
Lettuce & Tomato Fixins
Baked Beans
100% Fruit Juice
Assorted Milk

Friday, December 8

Italian Dunks
w/Marinara Sauce

Alternative Entrées
Fish Sandwich or Salad

Served with Choice of:
Sweet Peas
Chilled Peaches
Assorted Milk