



## 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

### Monday, December 11

Popcorn Chicken  
w/Mashed Potatoes  
& Tea Roll

Alternative Entrées  
Turkey Pepperoni Stuffed  
Sandwich or Salad

Served with Choice of:  
Green Beans  
Applesauce  
Assorted Milk

### Tuesday, December 12

Sliced Turkey & Cheese  
on a Roll

Alternative Entrées  
Turkey Pepperoni Stuffed  
Sandwich or Salad

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

### Wednesday, December 13

Chicken Nuggets  
& Soft Pretzel Bites

Alternative Entrées  
Turkey Pepperoni Stuffed  
Sandwich or Salad

Served with Choice of:  
Sweet Peas  
Sliced Pears  
Assorted Milk

### Thursday, December 14

Macaroni & Cheese  
w/Tea Roll

Alternative Entrées  
Turkey Pepperoni Stuffed  
Sandwich or Salad

Served with Choice of:  
Steamed Broccoli  
100% Fruit Juice  
Assorted Milk  
**Candy Cane Ice  
Cream Cup**

### Friday, December 15

Garlic  
French Bread  
Pizza

Alternative Entrées  
Turkey Pepperoni Stuffed  
Sandwich or Salad

Served with Choice of:  
Veggie Pick-up & Dip  
Mixed Fruit  
Assorted Milk

### Monday, December 18

Chicken Sticks  
& Tea Roll

Alternative Entrées  
Hamburger or Salad

Served with Choice of:  
Tater Tots  
Steamed Broccoli  
Chilled Peaches  
Assorted Milk

### Tuesday, December 19

Bosco Sticks  
w/Marinara Sauce

Alternative Entrées  
Hamburger or Salad

Served with Choice of:  
Potato Smiles  
100% Fruit Juice  
Assorted Milk

### Wednesday, December 20

Chicken  
Patty

Alternative Entrées  
Hamburger or Salad

Served with Choice of:  
Seasoned Potatoes  
Orange Smiles  
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 Food Services Staff at your school

**See You  
Next Year!**

Last day of school:  
Friday, December 22

Classes Resume  
Tuesday, January 2

