

square meals

December

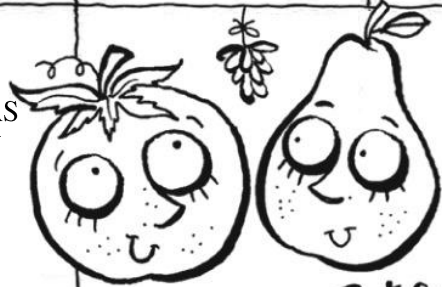
Monday

Tuesday

Wednesday

Thursday

Friday

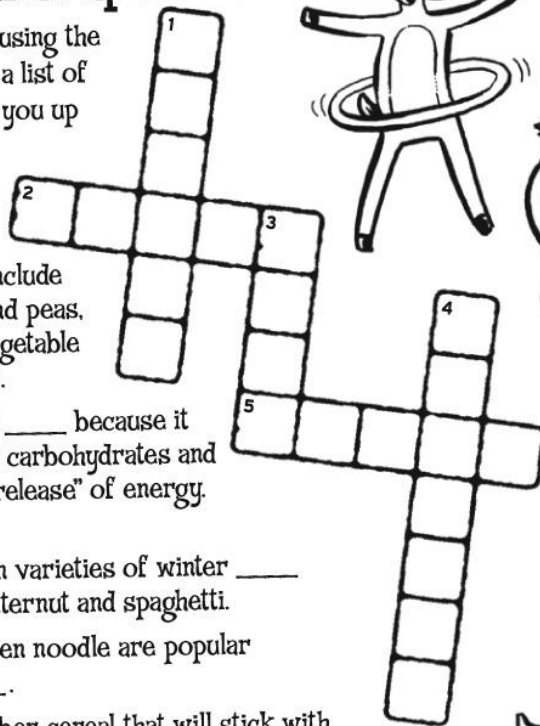
<p>1 Donuts Lil Smokies Juice Milk</p> <hr/> <p>Pizza Corn Fruit Milk</p>	<p>2 Pancakes Syrup Juice Milk</p> <hr/> <p>Fish Mac & Cheese Baked Beans Rolls Fruit Milk</p>	<p>3 Sausage & Biscuits Jelly Juice Milk</p> <hr/> <p>Chicken Rings Veggie Mashed Potatoes Rolls Fruit Milk</p>	<p>4 Cereal Cinnamon Toast Juice Milk</p> <hr/> <p>Grilled Cheese Vegetable Beef Soup Crackers Fruit Milk</p>	<p>5 Breakfast Pizza Juice Milk</p> <hr/> <p>Hamburgers / BBQ Lettuce, Tomatoes, & Pickles Fries Fruit Cookies Milk</p>
<p>8 Sausage Rolls Juice Milk</p> <hr/> <p>Tacos Pinto Beans Salad Fruit Milk</p>	<p>9 Sausage 'n Pancakes On a stick Syrup Juice Milk</p> <hr/> <p>Baked Potatoes Chili Broccoli Fruit Crackers Cookies Milk</p>	<p>10 Ham & Cheese Puffs Juice Milk</p> <hr/> <p>Salisbury Steak Veggie Mashed Potatoes Rolls Fruit Milk</p>	<p>11 French Toast Sticks Lil Smokies Syrup Juice Milk</p> <hr/> <p>Chili Corn Chips Salad Fruit Milk</p>	<p>12 Bagels Juice Milk</p> <hr/> <p>Hamburgers / BBQ Lettuce, Tomatoes, & Pickles Fries Fruit Cookies Milk</p>
<p>15 Strudels Cereal Juice Milk</p> <hr/> <p>Pizza Veggie Fruit Cookies Milk</p>	<p>16 Pancakes Syrup Juice Milk</p> <hr/> <p>Chicken Sandwich Lettuce & Tomatoes Fries Fruit Cookies Milk</p>	<p>17 Sausage & Biscuits Jelly Juice Milk</p> <hr/> <p>Hot Dogs Corn on Cob Fruit Milk</p>	<p>18 Donuts Lil Smokies Juice Milk</p> <hr/> <p>Turkey & Dressing Green Beans Yams Fruit Salad Rolls Milk</p>	<p>19 Sausage 'n Pancake On a Stick Syrup Juice Milk</p> <hr/> <p>Hamburgers / BBQ Lettuce, Tomatoes, & Pickles Chips Fruit Cookies Milk</p>
<p>22</p> <p>CHRISTMAS HOLIDAY</p>	<p>23</p> <p>CHRISTMAS HOLIDAY</p>	<p>24</p> <p>CHRISTMAS HOLIDAY</p>	<p>25</p> <p>MERRY CHRISTMAS</p>	<p>26</p> <p>CHRISTMAS HOLIDAY</p>
<p>29</p> <p>CHRISTMAS HOLIDAY</p>	<p>30</p> <p>CHRISTMAS HOLIDAY</p>	<p>31</p> <p>CHRISTMAS HOLIDAY</p>	 <p>Have FUN and color me! and Eat School meals!</p>	

Making a List and Checking It Twice

When someone asks what gift you would like this year, suggest something that will help you get more exercise. There's everything from classic jump ropes, hula hoops and pogo sticks to footballs and skates. For a stocking stuffer, ask for a pedometer that will add to the fun of walking and running by letting you see how far you go each day.

Healthy Warm-up Foods

Complete the puzzle using the clues below to make a list of foods that will warm you up on a cold winter day.



Across

- Legumes, which include all dried _____ and peas, are the richest vegetable source of protein.
- Athletes often eat _____ because it is high in complex carbohydrates and provides a "time release" of energy.

Down

- The most common varieties of winter _____ include acorn, butternut and spaghetti.
- Tomato and chicken noodle are popular varieties of _____.
- _____ is a high-fiber cereal that will stick with you all morning.

Answer key: Across 2: beans 5: pasta Down 1: squash 3: soup 4: oatmeal

Check Out the CAFETERIA BUZZ



HAVE A
MERRY CHRISTMAS
&
HAPPY NEW YEAR

Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.
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School Lunch Buddies... Crunch & Munch

Healthy Foods are Friends for Life

Hey, Munch, Do you know why it's so cold this month?

I don't know.

Because it's Decembrrrrrrrr!

Brrrrr is right; I'm going to wear my coat and gloves tonight when I walk around to see Christmas lights. Would you like to come with us?

Sure, that would be a great way to get some exercise. I need lots of exercise this time of year because it's easy to put on extra weight with all those holiday treats around the house!

That's right. I'm trying to fill up on healthy food first so I'll eat fewer sweets. I also ride my bike, skate or dance at least 30 minutes a day.

Hey, that reminds me of a joke. Do you know where Santa's elves go to dance?

I don't know.

Christmas balls.