

December

square meals

Have FUN
and
color me!
and
Eat School meals!



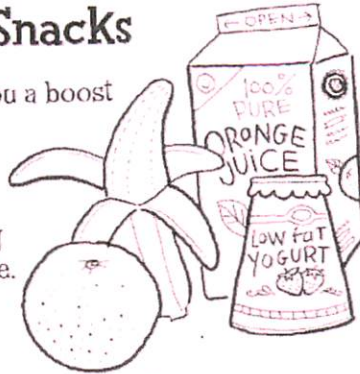
Tuesday Wednesday Thursday Friday

<p>Monday</p>	<p>1 French Toast Sticks Blueberry Muffins Pork Rib Sandwich Chicken Sandwich Sandwich Salad Cup Baked Chips Diced Peaches Cookies</p>	<p>2 Breakfast Pizza Chicken Rings Salisbury Steak Mashed Potatoes w/wo Gravy Spinach Applesauce Rolls</p>	<p>3 Sausage & Biscuit Pizza Chicken Fajitas Refried Beans Corn Pineapple Tidbits Cookies</p>	<p>4 Honey Buns Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Fries Mixed Fruit</p>
<p>7 Pancakes Pizza Crunchy Beef Tacos Tossed Salad w/wo Dressing Pinto Beans Orange Wedges</p>	<p>8 Breakfast Bagels Frito Pie Hotdogs w/wo Chili Oven Roasted Fries Diced Peaches Cookies</p>	<p>9 Grilled Cheese Sandwich Fish Popcorn Chicken Mashed Potatoes w/wo Gravy Green Beans Applesauce Rolls</p>	<p>10 Ham & Cheese Kolache Pizza Chicken Quesadillas Corn Green Peas Fruit Mix Cookies</p>	<p>11 Pancake Sausage On a Stick Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears</p>
<p>14 Sausage Rolls Pizza Corn dogs Baked Beans Tossed Salad with Dressing Apples</p>	<p>15 French Toast Sticks Ham Cornbread Dressing Green Beans Sweet Potatoes Diced Peaches Rolls</p>	<p>16 Breakfast Pizza Chicken Rings Steak Fingers Mashed Potatoes w/wo Gravy Broccoli & Cheese Applesauce Rolls</p>	<p>17 Sausage & Biscuit Pizza Beef Nachos Refried Beans Tossed Salad w/wo Dressing Fruit Mix Cookies</p>	<p>18 Honey Buns Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Chips Pineapple Tidbits</p>
<p>21 HOLIDAY</p>	<p>22 HOLIDAY</p>	<p>23 HOLIDAY</p>	<p>24 HOLIDAY</p>	<p>25 HOLIDAY</p>
<p>28 HOLIDAY</p>	<p>29 HOLIDAY</p>	<p>30 HOLIDAY</p>	<p>31 HOLIDAY</p>	

Breakfast: Cereal, Toast, & variety of Juice & Milk offered daily **Lunch:** Baked Potatoes & variety of Salads & Milk offered daily **Snack Bar:** Tues. & Thurs.

Say Yes to Healthy Snacks

Healthy after-school snacks give you a boost to get through the afternoon until dinnertime. Check what your cafeteria offers through its After School Snack Program or try one of these healthy snacks at home.



- * A cup of low-fat yogurt, and a small banana
- * A handful of pretzels, some string cheese and grapes
- * Half of a whole-wheat bagel with low-fat cream cheese
- * Raw carrots and celery and low-fat yogurt dip
- * Peanut butter on apple slices

Give Yourself a Hand

It's winter, the season for icy winds, holidays – and catching colds. That's why December 6-12 is National Hand Washing Week. Cold viruses can be literally caught by the hands, and you'll end up sneezing or coughing! To keep you and everyone around you healthy, follow these six easy hand-washing steps:

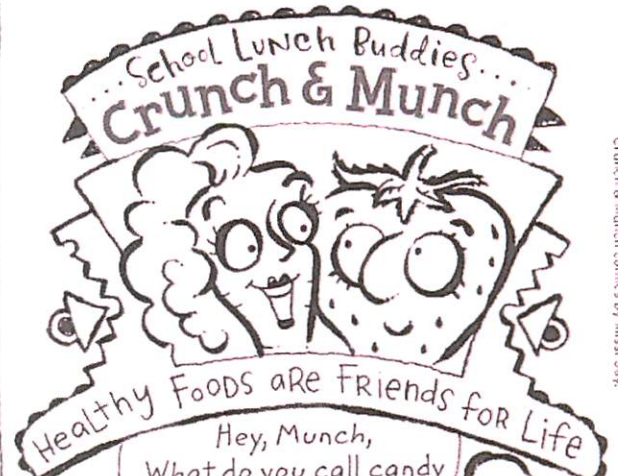
- * Always use soap and warm running water.
- * Rub your hands together energetically.
- * Wash all hand surfaces, including the backs of hands, between fingers and underneath fingernails.
- * Rinse off soap using warm running water.
- * Dry hands with a paper towel.
- * Turn off the faucet with the used paper towel.
- * Remember to wash your hands when they are dirty, before preparing food, before you eat, after cleaning up messes and after a trip to the bathroom. Keep them clean!

Check Out the CAFETERIA BUZZ



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. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



Healthy Foods are Friends for Life

Hey, Munch, What do you call candy that was stolen?

I don't know.

Hot chocolate!



Ha! I love hot chocolate, especially on a cold winter afternoon.

Me, too. And hot chocolate made with low-fat or skim milk and real cocoa has lots of calcium for your bones.

Just skip the whipped cream to keep it healthy.

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.

Maybe you can guess the answer to my next riddle: What do elves use to make sandwiches?

I don't know.

Shortbread!

