

# Elementary School Menu

December 8 - 12				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Choose 1 Entrée</b>				
BBQ Riblet Baked Chicken Drumsticks	WG Cheese Pizza Cheeseburger on WG Bun	Turkey Sausage Cheese Omelet	Hamburger on WG Bun Ham & Cheese on WW	WG Baked IF Chicken Corn Dog Ravioli
<b>Choose 2 - 5 Sides Items</b>				
Broccoli Applesauce Fruited Jell-O Whole Wheat Roll Milk	Fresh Carrots & Celery w/FF /Dip Chilled Pears Fruited Jell-O Milk	Blueberry Waffle Baked Tater Tots Banana Milk	Oven Baked Potato Wedges Fruit Cup Fruited Jell-O Ice Cream Milk	Garden Side Salad Chilled Peaches Whole Grain Roll Cinnamon Toast Milk

December 15 - 19				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Choose 1 Entrée</b>				
Popcorn Chicken Beef Frank on a WG Bun	WG Pepperoni Pizza Grilled Turkey & Cheese on WW	Soft Taco w/ Cheese Chicken Quesadilla	Spaghetti w/ Meat Sauce Chef Salad	Baked Chicken Fries Baked Baja Fish Sticks
<b>Choose 2 - 5 Sides Items</b>				
Baked Beans Garden Side Salad Fruited Jell-O Oranges Wedges Milk	Seasoned Corn Garden Side Salad Fruit Cup Fruited Jell-O Milk	Carrots, Broccoli & Cauliflower Chilled Pears Blueberry Muffins Fruited Jell-O Milk	Green Beans Chilled Fruit Cocktail Garlic Toast Fruited Jell-O Milk	Pasta Salad Cucumber & Carrot Sticks Banana Dolphin Crackers Milk

Happy New Year! 2009 January 5 - 9				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Choose 1 Entrée</b>				
Orange Ginger Chicken w/ Veggies Teriyaki Chicken Dippers	WG Cheese Pizza Baked Chicken Tenders w/ Roll	Chicken Alfredo w/ Pasta Ham & Cheese Sandwich	Cheese Pizza Dippers Yogurt & 1/2 Grilled Cheese on WW	Popcorn Chicken Chef Salad
<b>Choose 2 - 5 Sides Items</b>				
Chicken Rice Steamed Broccoli & Carrots Chilled Pineapples Fruited Jell-O Milk	Green Beans Chilled Peaches Garden Side Salad Fruited Jell-O Milk	Cauliflower & Carrots Chilled Pears Cinnamon Toast Fruited Jell-O Milk	Fresh Carrots Sticks w/FF Dip Apple Quarters Goldfish Pretzels Fruited Jell-O Milk	Mac & Cheese Garden Side Salad Soft Wheat Pretzel Fruit Cup / Fruited Jell-O Milk

**WW=Whole Wheat; WG=Whole Grain; FF=Fat Free; RF=Reduced Fat; LF=Low Fat;**

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\*Students can always order a salad vs. the Entrée

\*\*Offer vs. Serve



# Elementary School Menu

Crunch & Munch comics by Missi Jay.



## Eat patriotic during this presidential election month.

Think of different ways to have nutritious red, white and blue food and beverages with the same meal. How about milk, blueberries and strawberries in cereal? What combinations can you dream up?

## First Thanksgiving Menu

Did you ever wonder what the pilgrims ate during the first Thanksgiving in 1621? Use these hints to fill in the blanks.

1. This wild fowl was one of the meats served at the feast.      R      E
2. This crustacean has claws and a tough shell.      O      S      E
3. Indians taught Pilgrims how to plant this vegetable.           R
4. This orange vegetable is a type of squash.      U      P      N
5. These wild fruits were gathered from vines.      R      P



## Nuts About Peanut Butter

Americans are so crazy about peanut butter that we celebrate **Peanut Butter Lovers' Month** in November. Here are some fun facts about the most popular type of sandwich spread:

- \* Peanut butter was invented in 1890 by a physician who wanted high-protein food for his patients. Friends and relatives of the patients liked the health food so much that they started eating it.
- \* Americans eat more than 700 million pounds of peanut butter each year or enough to cover the floor of the Grand Canyon.
- \* The average American child will eat 1,500 peanut butter and jelly sandwiches before graduating from high school.

square = 5 \*upground = 4 \*'uoo = 6 \*'akun = 1 :'ak jansuy

## Check Out the CAFETERIA BUZZ



Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://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. For more information, contact the Texas Department of Agriculture office, this publication is published from discrimination on the basis of race, color, national origin, sex, or disability. To file a complaint of discrimination, write the USDA, Director Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.