

December

2017



Pittsylvania County Schools
 Chatham, VA
 Grades 9-12

AVAILABLE DAILY!

Freshly made salads

Salads are made fresh daily with leafy green lettuces & fresh veggies.

Fresh Fruits

Pick from a variety of seasonal fruits.

Milk

Skim white or chocolate come with all meals.

Friday, December 1

Entrée (choose one) ¹Slice of Big Daddy's® Pizza ²PBJ
Vegetables (choose many)

Green Peas, Garden Salad, Roasted Parmesan Carrots

Entrée (choose one) ²POTATO BAR
 with all the fixings

Vegetables (choose one) Garden Salad

Fruits (choose 1 of each) Fresh Fruit and Fruit Cup

Monday, December 4

Entrees (choose one)

Popcorn Chicken

offered with Rice Pilaf and Dinner Roll

Vegetables (choose one)

Baby Carrots, Steamed Broccoli Florets

Fruits (choose 1 of each)

Fresh Fruit and Fruit Cup

Tuesday, December 5

Entrees (choose one) ¹Cheeseburger ²Turkey Burger

Vegetables (choose one)

L/T/P, Green Beans, Corn ^{on the} Cob

Fruits (choose 1 of each)

Fresh Fruit and Fruit Cup

Wednesday, December 6

¹Grilled Cheese Sandwich ²PBJ

³Sunbutter® & Jelly Sandwich

Vegetables (choose many)

Vegetable Beef Soup,

Cucumber Slices, Fresh Garden Salad

Fruits (choose 1 of each)

Fresh Grapes, Fresh Fruit and Fruit Cup

Thursday, December 7

Entrées (choose one)

¹Oven Roasted Chicken ²Sliced Ham ³PBJ

each offered with School Roll

Vegetables (choose many)

Black-eyed Peas, Mashed Potatoes

Fruits (choose 1 of each) Fresh Fruit and Fruit Cup

Friday, December 8

Entrees (choose one) ¹Slice of Big Daddy's® Pizza ²PBJ

Vegetables (choose many)

Roasted Cauliflower, Red Pepper Strips, BLT Chop Salad

Entrees (choose one) ²POTATO BAR

with all the fixings

Vegetables (choose one) BLT Chop Salad, Pepper Strips

Fruits (choose 1 of each)

Fresh Fruit and Fruit Cup

The Holidays can be a busy time of the year. Don't get caught up in the busyness of the season and forget to eat a healthy breakfast each day. Why not make breakfast the night before for stress-free mornings?



Make-Ahead Protein Parfaits

32 oz. plain Greek yogurt

1/4 cup pure maple syrup

1 tsp. vanilla flavoring

2 1/2 cups mixed berries (raspberries, blueberries, etc.)

1/4 cup chopped walnuts

1/4 cup flax seed meal*

1/4 cup chia seeds*

1 tsp. ground cinnamon

1 tsp. ground cloves

1/4 tsp. salt



*Items can be found at Walmart and Food Lion.

In a medium-sized bowl, whisk together yogurt, maple syrup and vanilla. Pour into liquid measuring cup and set aside.

In another, mix together seeds, nuts and spices.

To assemble parfaits, set out 5 glasses or 16 ounce Mason jars and pour 1/4 cup or so of the yogurt mixture into each glass.

Top the yogurt layer with 2 tablespoons of the seed mixture.

Sprinkle a couple tablespoons of berries on top of the nut mixture then begin again with yogurt. Repeat layers in each container until all ingredients are used. Seal mason jars or cover glasses with plastic wrap until ready to serve. Covered parfaits will keep in the refrigerator for up to 5 days.

Yield: 5 parfaits

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IT'S ALL ABOUT BALANCE

THIS HOLIDAY SEASON, REMEMBER TO KEEP A HEALTHY BALANCE BETWEEN EATING HEALTHY AND GETTING YOUR 60 MINUTES OF EXERCISE EACH DAY. IT IS ALSO IMPORTANT TO BALANCE YOUR INACTIVE PLAY, SUCH AS READING, WATCHING TV OR PLAYING VIDEO GAMES, WITH ACTIVE PLAY. FUN WAYS TO ADD ACTIVE PLAY TO YOUR WINTER DAYS ARE PLAYING FRISBEE, OR FOOTBALL SHOOTING HOOPS, JUMPING ROPE, HAVING A SNOWBALL FIGHT, WALKING THE DOG, OR EVEN HELPING TO SHOVEL THE DRIVEWAY OR SIDEWALK. EXERCISING IS IMPORTANT FOR GOOD HEART HEALTH AND BUILDING AND KEEPING MUSCLES STRONG EVEN DURING THE WINTER MONTHS.



- ◆ Breakfast is available to everyone every day!
- ◆ Students are offered many different options to choose from each day.
- ◆ Students are required to pick up a fruit or juice every day with their breakfast.



EVERY DAY FAVORITES

Kellogg's™ Pop-tart® twin-pack

Breakfast Muffin

Breakfast Bun

BIG Cereal Cup

Yogurt Parfait with

Granola topping

Banana Chocolate Chunk Bar

Pillsbury Mini Pancakes

Pillsbury Cinni Minis

Biscuits: Chicken, Sausage, or Bacon, Egg, Cheese

CHOOSE 1 FAVORITE

Any choice you choose is offered with a piece of fresh fruit, 100% juice, & milk!



Monday, December 11

Entrees (choose one) Buffalo Chicken Wings offered with Dinner Roll

Vegetables (choose many)

French Fries, Pinto Beans, Celery Sticks

Fruits (choose 1 of each)

Fresh Fruit and Fruit Cup

Tuesday, December 12

OVEN BAKED SUBS

Entrees (choose one)

¹Ham and Cheese ²Steak and Cheese each offered with Chips

Vegetables (choose many) Assorted Fresh Toppings

Fruits (choose 1 of each) Fresh Fruits and Fruit Cup

Wednesday, December 13

Entrees (choose one) ¹BBQ Sandwich with Chips

Entrees (choose one)

¹Grilled Cheese Sandwich ²PBJ ³Sunbutter® & Jelly Sand. each offered with Chicken Noodle Soup

Vegetables (choose many) Assorted Veggies

Fruits (choose 1 of each) Fresh Grapes and Fruits

Thursday, December 14

Entrées (choose one) ¹Clubhouse Sub with Chips ²PBJ

²Mandarin Orange Chicken over Rice

Vegetables (choose many)

Vegetable Egg Roll, Steamed Broccoli Florets

Fruits (choose 1 of each) Fresh Fruit and Fruit Cup

Friday, December 15

Entrée (choose one) ¹Slice of Big Daddy's® Pizza ²PBJ

Vegetables (choose many)

Steamed Corn, Red Bell Pepper Strips, Garden Salad

Entrée (choose one)

²POTATO BAR with all the fixings

Vegetables (choose one) Pepper Strips, Garden Salad

Fruits (choose 1 of each)

Fresh Fruit and Fruit Cup

In addition to the daily entrée choices, freshly made salads are also among the meal options available.

Monday, December 18

Entrées (choose one) ¹Hot Dog with all the fixin's

²Chicken Cool Wrap

each offered with Chips

Vegetables (choose many)

Cole-Slaw, Baked Beans, BLT Chop Salad

Fruits (choose 1 of each)

Fresh Fruit and Fruit Cup

Tuesday, December 19

Entrées (choose one) ¹Taco ²Chicken Fajita

offered with tortilla chips and cheese

Vegetables (choose many) Lettuce, Tomato,

Diced Onions, Salsa, Guacamole, Steamed Corn,

Fruits (choose 1 fresh fruit and 1 fruit cup)

Fresh Fruit and Fruit Cup

Wednesday, December 20

Entrée (choose one) ¹Pizza Crunchers

Vegetables (choose many)

Steamed Corn

Assorted Vegetables

Fruits (choose 1 of each)

Fresh Fruit and Fruit Cup

Milk is offered with each meal every day at no extra charge.



See you
next year!

Happy Holidays!

WINTER BEGINS

Thursday, December 21

HOLIDAY BREAK BEGINS

December 20 @ 1:00 p.m.

TEACHER PROFESSIONAL DAYS

January 4 and 5

School not in session for students

STUDENTS RETURN

Monday, January 8, 2018

