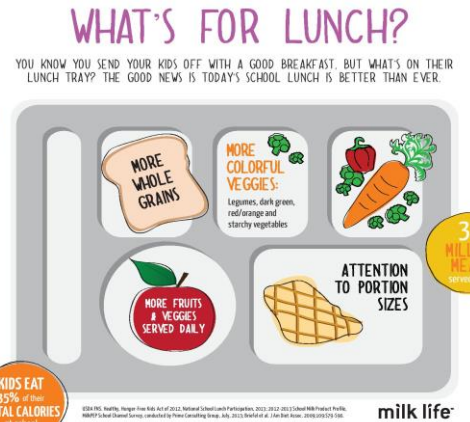
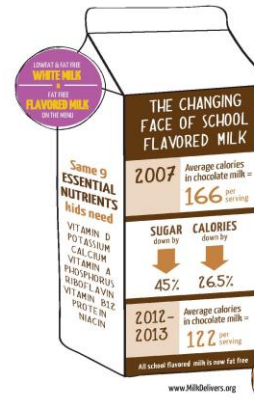




IT'S ALL ABOUT BALANCE



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 riding your bike, playing tag, shooting hoops, jumping rope, having a snowball fight, walking the dog, or even helping your parents to remove snow from the driveway or sidewalk. Exercising is important for good heart health and building and keeping muscles strong even during the winter months.



LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FOREIGN FLARE & HOME COOKING	<p><u>Make-Ahead Protein Parfaits</u></p> <p>32 oz. plain Greek yogurt 1/4 cup pure maple syrup 1 tsp. vanilla flavoring 2 1/2 cups mixed berries 1/4 cup chopped walnuts</p> <p>1/4 cup ground flax seed meal* 1/4 cup chia seeds* 1 tsp. ground cinnamon 1 tsp. ground cloves 1/4 tsp. salt</p> <p>*Items can be found at Walmart and Food Lion.</p> <p>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 approximately 1/4 cup of the yogurt mixture into each glass. Top the yogurt layer with 2 tablespoons of the seed mixture.</p> <p>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 with lids 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</p>			<p>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?</p>	
SOS Salads & Stuff					<p>Slice of Big Daddy's® Pizza 12/1 Vegetables (choose many) Green Beans, Garden Salad Roasted Parmesan Carrots Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p> <p>Slice of Big Daddy's® Pizza Vegetables (choose many) Green Beans, Garden Salad Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p> <p>POTATO BAR (White or Sweet) with cheese, chili, veg, crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>

GRAB 'N GO	<p>Popcorn Chicken 12/4 with Rice Vegetables (choose many) Steamed Broccoli, Carroteenies Fruit (choose one) Chilled Strawberry Cup</p>	<p>¹Cheeseburger, L/T/P 12/5 ²Turkey Burger, L/T/P Vegetables (choose many) Green Beans, Corn on the Cob Fruit (can choose one of each) Fresh Pear and Fruit Cup</p>	<p>¹Grilled Cheese ²PBJ 12/6 ³Sunbutter® & Jelly Sandwich Vegetables (choose many) Vegetable Beef Soup, Salad Fruit (can choose one of each) Fresh Grapes and Fruit Cup</p>	<p>LINE CLOSED TODAY 12/7</p>	<p>Slice of Big Daddy's® Pizza 12/8 Vegetables (choose many) Roasted Cauliflower, BLT Chop Salad, Fresh Pepper Strips Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>
FOREIGN FLARE & HOME COOKING	<p>Popcorn Chicken with Rice Vegetables (choose many) Steamed Broccoli, Carroteenies Fruit (choose one) Chilled Strawberry Cup</p>	<p>¹Cheeseburger, L/T/P ²Turkey Burger, L/T/P Vegetables (choose many) Green Beans, Corn on the Cob Fruit (can choose one of each) Fresh Pear and Fruit Cup</p>	<p>¹Grilled Cheese ²PBJ ³Sunbutter® & Jelly Sandwich Vegetables (choose many) Vegetable Beef Soup, Salad Fruit (can choose one of each) Fresh Grapes and Fruit Cup</p>	<p>¹Roasted Chicken ²Sliced Ham each offered with a School Roll Vegetables (choose many) Blk-eye Peas, Mashed Potatoes Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>	<p>Slice of Big Daddy's® Pizza Vegetables (choose many) Roasted Cauliflower, BLT Chop Salad, Fresh Pepper Strips Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>
SOS Salads & Stuff	<p>Salads: Chef or Grilled Chicken with Crackers Fruit (choose one) Chilled Strawberry Cup</p>	<p>Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Pear and Fruit Cup</p>	<p>Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Grapes and Fruit Cup</p>	<p>Salads with Crackers OR PBJ Uncrustable® with Veggies Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>	<p>POTATO BAR (White or Sweet) with cheese, chili, veg, crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup</p>

LUNCH LINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAB 'N GO	Buffalo Chicken Wings, Roll 11 Vegetables (choose many) Fries, Organic Celery Sticks Pinto Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	¹ Steak & Cheese Sub ² Ham Sub each offered w/ chips Vegetables (choose many) Fresh Toppings, Carrots w/ dip Fruit (can choose one of each) Red Orange Wedges, Fruit Cup	BBQ Sandwich with Chips 13 Vegetables (choose many) Cole-Slaw, Green Beans Cucumber Slices Fruit (can choose one of each) Fresh Grapes and Fruit Cup	¹ Clubhouse SUB ² PBJ 14 both offered with Chips Vegetables (choose many) Steamed Broccoli, Celery Sticks Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza 15 Vegetables (choose many) Steamed Corn Assorted Vegetables Fruit (can choose one of each) Fresh Fruit and Fruit Cup
FOREIGN FLARE & HOME COOKING	Buffalo Chicken Wings, Roll Vegetables (choose many) Fries, Organic Celery Sticks Pinto Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	¹ Steak & Cheese Sub ² Ham Sub OR ³ Hummus; all offered w/ chips Vegetables (choose many) Fresh Toppings, Carrots w/ dip Fruit (can choose one of each) Red Orange Wedges, Fruit Cup	¹ PBJ OR ² Grilled Cheese OR ³ Sunbutter® & Jelly Sandwich offered with Chick. Noodle Soup Asst. Vegetables (choose many) Fruit (can choose one of each) Fresh Grapes and Fruit Cup	Mandarin Orange Chicken over Rice Vegetables (choose many) Egg Roll, Steamed Broccoli Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Slice of Big Daddy's® Pizza Vegetables (choose many) Steamed Corn Assorted Vegetables Fruit (can choose one of each) Fresh Fruit and Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers and Pinto Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Red Orange Wedges, Fruit Cup	Salads: Chef or Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Grapes and Fruit Cup	Salads: Chef or Chicken and Spinach with Crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup	POTATO BAR (White or Sweet) with cheese, chili, veg, crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup

GRAB 'N GO	¹ Hot Dog on Bun 18 each offered with chips Vegetables (choose many) Cole Slaw, Baked Beans, Fruit (can choose one of each) Fresh Fruit and Fruit Cup	¹ Chicken Fajita or ² Taco Filling over Chips with Cheese Vegetables (choose many) Fresh fixin's, Guacamole, Corn Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Pizza Crunchers 20 Vegetables (choose many) Steamed Corn Assorted Vegetables Fruit (can choose one of each) Fruit Cup
FOREIGN FLARE & HOME COOKING	¹ Hot Dog on Bun ² PBJ each offered with chips Vegetables (choose many) Cole Slaw, Baked Beans, Fruit (can choose one of each) Fresh Fruit and Fruit Cup	¹ Chicken Fajita or ² Taco Filling over Chips with Cheese Vegetables (choose many) Fresh fixin's, Guacamole, Corn Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Pizza Crunchers Vegetables (choose many) Steamed Corn Assorted Vegetables Fruit (can choose one of each) Fruit Cup
SOS Salads & Stuff	Salads: Chef or Grilled Chicken with Crackers, Baked Beans Fruit (can choose one of each) Fresh Fruit and Fruit Cup	Salads: Grilled Chicken with Crackers Fruit (can choose one of each) Fresh Fruit and Fruit Cup	LINE CLOSED TODAY



See you next year!

Breakfast



- Breakfast is available to everyone every day!
- We offer many different options daily to choose from!
- Breakfast is planned to meet USDA nutrition standards which require whole grains, proper calories for age, low saturated fat content and no trans fats.
- Students are required to pick up a fruit or juice every day with their breakfast.

WHAT'S INCLUDED IN THE PRICE?

- 100% Fruit Juice
- Fresh Fruit
- 8 oz. carton of Milk AND
- 1 favorite choice (e.g. biscuit, cereal, yogurt parfait, banana bar, pancakes etc.)



EVERY DAY FAVORITES

- Kellogg's™ Pop-tart® twin-pack
- Breakfast Bun, BIG Cup Cereal
- Yogurt Parfait with Granola topping
- Mini Pancakes / Mini Cinnis
- Banana Chocolate Chunk Bar



WEEKLY FAVORITES

- Mondays, Tuesdays, Thursdays & Fridays:
Sausage Biscuit or Chicken Biscuit
- Wednesdays: Breakfast Pizza or Chicken Biscuit
- Choose 1 favorite choice from above.
- Fresh Fruit, Juice and Milk are included too - at no extra cost.