

December

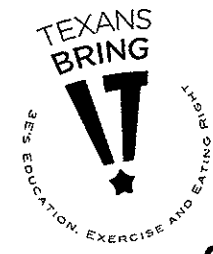
EAT SCHOOL MEALS!

HAVE FUN COLOR ME!

THURSDAY * FRIDAY

MONDAY TUESDAY WEDNESDAY

<p>5 Pancake, sausage, toast, cereal, juice, milk</p> <p>Hotdog Bar-be-cue Rib Patty pinto beans, coleslaw or pickles, mix fruit, cookie, milk</p>	<p>6 Cinnamon roll, toast, cereal, oatmeal, juice, milk</p> <p>Pizza, or Beef Ravioli whole kernel corn, steam broccoli rosy applesauce, bread stick, milk</p>	<p>7 Morning roll, toast, cereal, juice, milk.</p> <p>Salisbury Steak Chicken Nuggets mashed potatoes, green beans, diced peaches, roll, milk</p>	<p>8 Soft bagel, yogurt, cereal, toast, juice, milk</p> <p>Grill Cheese Sand. Hot Ham & Cheese Sand. chicken noodle soup toss salad, steam california veggies, pineapple tidbits, milk</p>	<p>2 Bacon & cheese eggstravaganza, toast, cereal, juice, milk.</p> <p>Cheeseburger Chicken Patty Burger burger salad, tater tots, orange wedges, milk</p>
<p>12 Biscuit, sausage, toast, cereal, juice, milk</p> <p>Corndog or Sloppy Joe whole kernel corn, toss salad, blushing pears, cookie, milk</p>	<p>13 Assorted muffin, oatmeal, toast, cereal, juice, milk</p> <p>Taco Salad Chicken Fajita refried beans, diced lettuce & tomatoes, apple wedges, graham cracker milk</p>	<p>14 Breakfast pizza, toast, cereal, juice, milk</p> <p>Pizza Chicken Spaghetti broccoli, candied carrots, mandarin fruit cup, breadstick, milk</p>	<p>15 Steak burger w/bun, toast, cereal, juice, milk</p> <p>Steakfingers Turkey Breast Steak green beans, steam rice, orange wedges, biscuit, milk</p>	<p>9 Turkey bacon, egg patty, toast, cereal, juice, milk</p> <p>Cheeseburger Chicken Patty Burger burger salad, tater tots, apple, milk</p> <p>16 Bacon & cheese eggstravaganza, toast, cereal, juice, milk</p> <p>Cheeseburger Chicken Patty Burger burger salad, tater tots, sherbet fruit cup, milk</p>
<p>19 Pancake, sausage, toast, cereal, juice, milk</p> <p>Corndog Bar-be-cue Beef/on Bun pinto beans, coleslaw, or pickles, orange wedges, milk</p>	<p>20 Cinnamon roll, toast, cereal, oatmeal, juice, milk</p> <p>Ham & Cheese Sand. burger salad. carrot sticks w/ranch dressing, apple, cookie, milk</p>	<p>21 Turkey bacon, egg patty, toast, cereal, juice, milk</p> <p>Pizza corn-on-cob, baked beans, toss salad, juice bar, milk</p>	<p>22</p> <p>holiday</p>	<p>23</p> <p>holiday</p>
<p>26</p> <p>holiday</p>	<p>27</p> <p>holiday</p>	<p>28</p> <p>holiday</p>	<p>29</p> <p>holiday</p>	<p>30</p> <p>holiday</p>



What does **PROTEIN** bring me?

Give Your Meal Some Muscle



Muscles make your body strong and protein is the fuel that builds muscle. It's an important part of your diet and you'll find it in some of your favorite foods like meat, poultry, fish, eggs and beans.

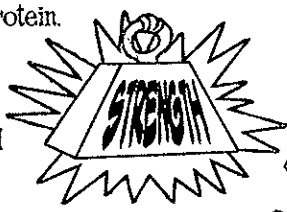


Make sure you're getting the protein you need with these menu suggestions:

Breakfast: Get the day started right with a breakfast that includes eggs, lean ham or turkey sausage.

Lunch: Turkey, chicken, tuna or peanut butter – a sandwich on whole-grain bread is a delicious way to get your protein.

After School Snack: Turkey wrapped in lettuce goes great with green grapes and milk. Mix and match healthy meats, milk, fruits, veggies and grains for a tasty, healthy snack before dinner.



Dinner: Choose a grilled steak, baked chicken, roasted turkey or a nutritious choice like black beans or pinto beans for a muscle-building dinner.



What's Missing in Your Meal Plan?

- Fill in the blanks to name these popular sources of protein
- B__C__B__NS (The color of a pirate flag; What did Jack get when he traded the cow?)
 - M__L__ (You pour it on your cereal)
 - __AM__G__ (A kind of sandwich that comes on a round bun)
 - __R__Y (A gobbler)
 - C__C__F__G__ (Something you'd find on the hands of a hen – if hens had hands)
 - __S__AN__H (A slice of pork between two slices of bread)
 - S__LM__ (A fish that swims upstream)
 - __U__A (If your casserole seems a little fishy, it probably has this in it)
 - CH__S__ (What you "Say" before you get your picture taken)
 - __E__K (Ribeye, T-bone and Porterhouse)

(Answers: Black Beans, Milk, Ham, Hamburgers, Turkey, Chicken Fingers, Ham Sandwich, Salmon, Tuna, Cheese, Steak)

Fit for the Plate

Everyone knows exercise makes you stronger. But did you know that protein can help you exercise longer? It's the fuel that builds up your muscles and keeps you going strong. To play your best and exercise like a champ, you'll need to eat lean meats, fish, poultry, eggs, milk or beans every day. Whether you're looking to become a "pro" or just a healthier "teen," it all starts with protein!

OUR CAFETERIA BRINGS IT!

Merry Christmas & Happy New Year

Menu is subject to change at anytime. We apologize for the inconvenience.

Salad & Sandwich bar will be closed every Tuesday. Due to the holidays the bar will also be closed 19th, 20th, & 21st.



Food and Nutrition Division
3E'S OF HEALTHY LIVING
Education, Exercise and Eating Right

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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