

Menus for December 2012

Students may pay for meals by the day, week, or month option.



DECEMBER BIRTHDAYS



Jake T. Austin (18) -- Dec. 3

Walt Disney -- Dec. 5

Nicki Minaj (30) -- Dec. 8

Eli Whitney -- Dec. 8

Denzel Washington (58) -- Dec. 28

Gabby Douglas (17) -- Dec. 31



DON'T 4GET!

Take at least **ONE**

FRUIT or VEGGIE

and at least **THREE**
items total so your meal
counts as a complete lunch!

Monday, December 3

Hotdog/WG Bun

Peaches
Mixed Fruit
Baked Beans
Sweet Potato
Bites

Choice of Cold
Milk

Tuesday, December 4

Cheeseburger/WG
Bun

Fresh Pear
Applesauce
French Fries
Broccoli

Choice of Cold
Milk

Wed., December 5

WG Spaghetti/
Meat Sauce & Roll

Mandarin Oranges
Fresh Banana
Corn
Baby Carrots

Choice of Cold
Milk

Thurs., December 6

BBQ/WG Swirl
Roll

Fresh Apple
Pears
Coleslaw
Chilled Beets

Choice of Cold
Milk

Friday, December 7

WG Cheese Pizza

Pineapple
Fresh Orange
Sliced Carrots
Green Peas

Choice of Cold
Milk

BREAKFAST MENU

Cereal/graham crackers are a daily entrée choice.
Other choices include:

Monday—Breakfast Pizza

Tuesday—Pancake/Sausage Wrap

Wednesday—WG Frudel

Thursday—Sausage Patty on WG Biscuit

Friday—WG Pop Tart

Fruit served daily.

Choice of Cold Milk served daily.

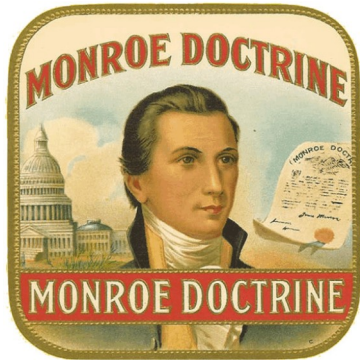
Word of the Month be·nev·o·lent

adj. 1. charitable; kind

2. showing love to others

and a desire to promote their
happiness and well-being

★ OUR NATION'S HISTORY ★



THE MONROE DOCTRINE was authored by U.S. Secretary of State (and later President) John Quincy Adams and issued by President James Monroe on December 2, 1823. The Doctrine stated that the United States would not tolerate attempts by European colonial powers to interfere in the affairs of nations in the Americas. Future Presidents Theodore Roosevelt, John Kennedy, and Ronald Reagan would all invoke the Doctrine.

★ WITH LIBERTY & JUSTICE FOR ALL ★



Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat meat choice, although ham does tend to be high in sodium. Ham and other pork products are a leading food source of the B vitamin thiamin (along with nuts, beans, and fish), and ham also supplies iron, zinc, and high-quality protein.

A TASTY MORSEL FOR PARENTS

Mon., December 10

CornDog

Applesauce
Peaches
Navy Beans
Mixed Vegetables

Choice of Cold
Milk

Tues., December 11

Fish Sticks/WG
Roll

Mixed Fruit
Fresh Pear
Stewed Tomatoes
Fresh Carrots

Choice of Cold
Milk

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Thursday, Dec. 13

Wed., December 12

Chicken Nuggets
w/Brown Rice

Fresh Banana
Pineapple
Green Beans
Corn

Choice of Cold
Milk

Thurs., December 13

Turkey/Dressing/
Gravy with WG
Roll

Fresh Apple
Pears
Mixed Greens
Yams

Choice of Cold
Milk

Friday, December 14

Ham/Cheese/WG
Bun

Fresh Orange
Apple Slices
Lima Beans
Mashed Potatoes

Choice of Cold Milk

Mon., December 17

Hotdog/WG Bun

Peaches
Mixed Fruit
Baked Beans
Sweet Potato
Fries

Choice of Cold
Milk

Tues., December 18

WG Pepperoni
Pizza

Pineapple
Fresh Orange
Sliced Carrots
Green Peas

Choice of Cold
Milk



Snack Attack Meal on Tues, Wed, & Thurs with Yogurt, Cheese Stick, Crackers, Fruit, and Veggies pre-packed.

