

Menus for December 2016

Have a bright & happy holiday season!

South Whittier School District

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

Fruits and vegetables are offered during breakfast and lunch.
1% milk and nonfat chocolate milk offered daily.
All grains offered are whole grains.

Prices

Student Breakfast:	\$1.00
Student Lunch:	\$1.75
Adult Lunch:	\$2.50
Milk:	\$.50

Thursday, December 1

Breakfast

Raisin Bran
OR
Apple Muffin
Cupped Fruit

Lunch

Grilled Cheese Sandwich
Sun Chips
Salad
Cupped Vegetables
Grapes/Apples
Jicama

Friday, December 2

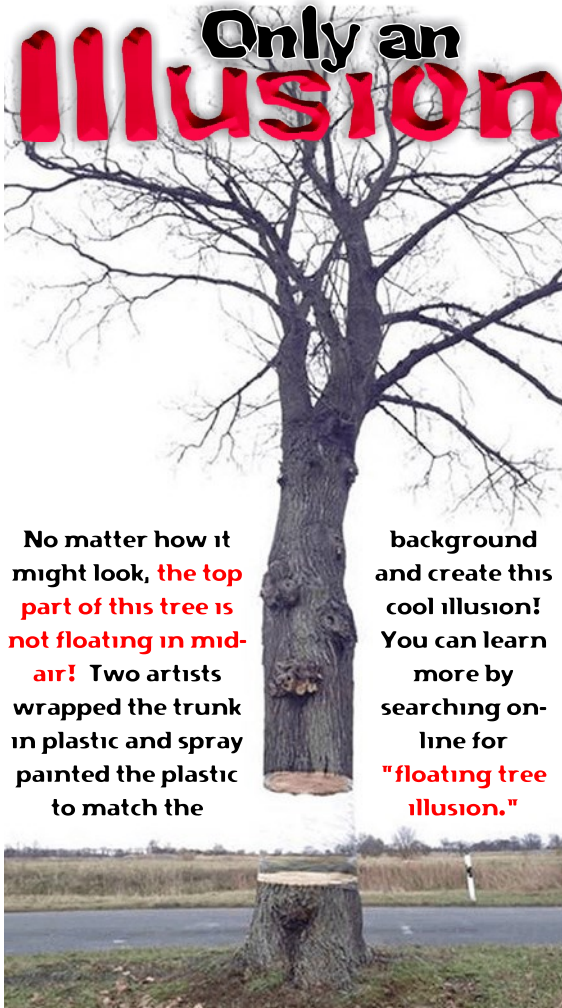
Breakfast

Marshmallow Matey's
OR
Pancake Stick
Apple Slices

Lunch

Taco Sticks
Cupped Vegetables
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama

Only an Illusion



No matter how it might look, the top part of this tree is not floating in mid-air! Two artists wrapped the trunk in plastic and spray painted the plastic to match the

background and create this cool illusion! You can learn more by searching on-line for "floating tree illusion."

Monday, December 5

Breakfast

Honey Nut Scooters
OR
Chorizo Wrap
Orange Juice

Lunch

Hamburger/Cheeseburger
Baked Fries
Baby Carrots
Apple Slices
Cupped Fruit

Tuesday, December 6

Breakfast

Marshmallow Matey's
OR
Yogurt Parfait
Bananas

Lunch

Beef Tostada
Spanish Rice
Shredded Lettuce
Diced Tomatoes
Salad
Bananas
Cupped Fruit

Wednesday, December 7

Breakfast

Frosted Mini Spooners
OR
Pancakes
Orange Slices

Lunch

Chicken Nuggets
Mashed Potatoes/Gravy
Dinner Roll
Cooked Vegetables
Baby Carrots
Oranges
Cupped Fruit

Thursday, December 8

Breakfast

Raisin Bran
OR
Chocolate Muffin
Cupped Fruit

Lunch

Baked Chicken W/
Waffles
Baked Beans
Salad
Grapes/Apples
Jicama

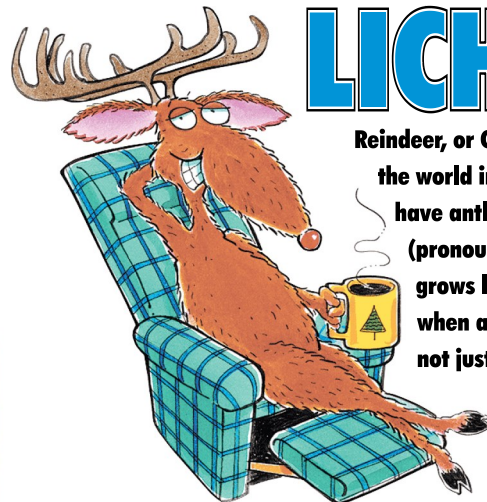
Friday, December 9

Breakfast

Marshmallow Matey's
OR
French Toast
Apple Slices

Lunch

Pizza
Tostito's Scoops
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama



LICHEN LIFE

Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!

ANIMAL APPETITES



Baked Beans may seem a little old-fashioned these days, but they're convenient, tasty, and a nutritional powerhouse. One half-cup delivers 7 grams of fiber – that's about 30% of the Recommended Daily Allowance – along with good amounts of iron and other vitamins and minerals. And they're super-low in saturated fat and cholesterol, too!



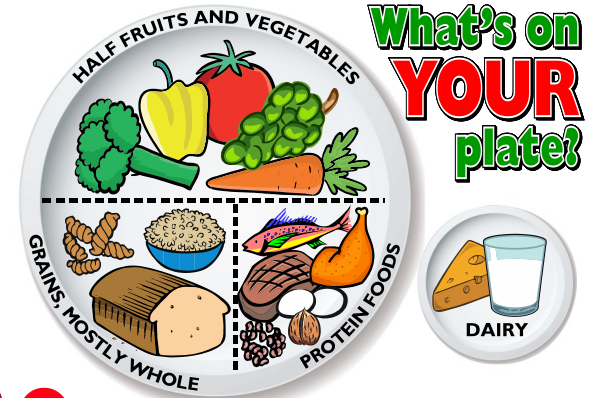
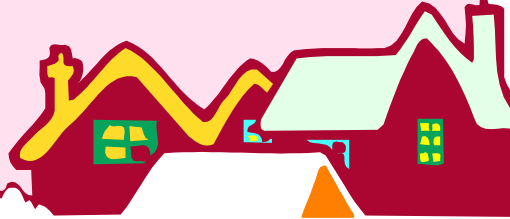
STRANGE BUT TRUE!

EARLIER THIS YEAR, A CLOUD SHAPED EXACTLY LIKE WINNIE-THE-POOH WAS REPORTED OVER A CHILDRENS' CHARITY EVENT IN ENGLAND!

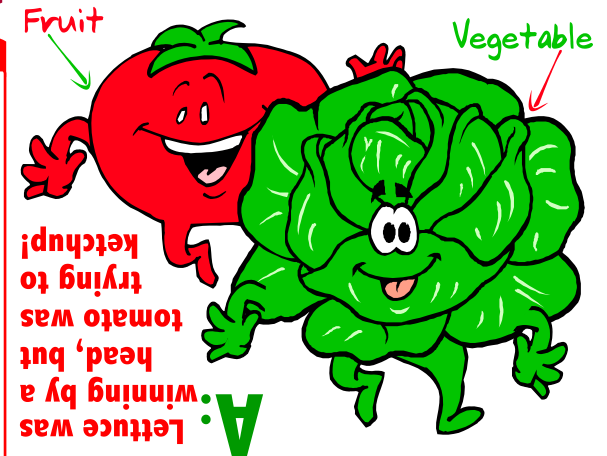


We wish you & your family a warm & happy holiday season!

From the South Whittier School District



Q: What happened in the race between lettuce and tomato?



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, December 12

Breakfast

Honey Nut Scooters
OR
Breakfast Pizza
Apple Juice

Lunch

Chicken Patty Sandwich
Baked Fries
Cupped vegetables
Baby Carrots
Apple Slices
Cupped Fruit

Tuesday, December 13

Breakfast

Marshmallow Matey's
OR
Pan Dulce
Bananas

Lunch

Chicken Tostada
Spanish Rice
Shredded Lettuce
Diced Tomatoes
Salad
Bananas
Cupped Fruit

Wednesday, December 14

Breakfast

Frosted Mini Spooners
OR
Quesadilla
Orange Slices

Lunch

Orange Chicken w/ Brown Rice
Broccoli w/ Cheese
Baby Carrots
Oranges
Cupped Fruit

Thursday, December 15

Breakfast

Raisin Bran
OR
Banana Muffin
Cupped Fruit

Lunch

Turkey Dog w/ Chili Beans
Salad
Cupped Vegetables
Grapes/Apples
Jicama

Friday, December 16

Breakfast

Marshmallow Matey's
OR
Peanut Butter/Jelly Sandwich
Apple Slices

Lunch

Pizza
Tostito's Scoops
Salad/Baby Carrots
Cupped Fruit
Chocolate Chip Cookie
Jicama

Monday, December 19

Breakfast

Honey Nut Scooters
OR
Chorizo Wrap
Apple Juice

Lunch

Manager's Choice
Baby Carrots
Sliced Apples
Cupped Fruit

Tuesday, December 20

Breakfast

Marshmallow Matey's
OR
Yogurt Parfait
Bananas

Lunch

Manager's Choice
Bananas
Cupped Fruit
Jicama

Wednesday, December 21

Breakfast

Frosted Mini Spooners
OR
Pancake
Orange Slices

Lunch

Chicken Tamales in Green Sauce
Spanish Rice
Refried Beans
Cupped Vegetables
Banana
Cupped Fruit
Jicama

