

# Menus for December 2011



**Manzanita Elementary School District**



**FRIDAY, DEC. 16**

**Available Daily**

**Breakfast**  
Cold Cereal, NonFat Yogurt, 3 Fresh Fruit Choices (Apples, Oranges, Melon, Berries, Mango, Kiwi, Plums, etc.)  
100% Juice (Apple, Grape, Orange)

**Lunch**  
Peanut Butter & Jelly Uncrustable/Vegetarian Meal  
All You Can Eat Fruit & Salad Bar (Mixed Greens, Tomatoes, Carrots, Cucumbers, Oranges, Apples, Other Fruits & Veggies and Low/Non Fat Dressings)

Milk offered with all meals  
1% Unflavored, Nonfat Chocolate & 1% Strawberry

**Monday, Nov. 28**

**Breakfast**  
Yogurt Bar/Choc Graham Sliced Strawberries/Bananas Granola, and Nuts  
3 Fresh Fruit Choices  
Milk and Juice

**Brunch for Lunch**  
Cinn French Toast (WW)  
Ham Slice  
Tator Tots  
Melon Medley  
Milk

**Tuesday, Nov. 29**

**Breakfast**  
Mustang Breakfast Pizza  
3 Fresh Fruit Choice  
Milk  
Juice

**Lunch**  
Deli Sandwiches  
Turkey Or Tuna Boat  
Baked Nacho Doritos  
Fruit & Salad Bar with Fresh Fruit Salad  
Milk

**Wed., Nov. 30**

**Breakfast**  
Cheesy Scrambled Eggs  
Biscuit & Jelly  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**  
Cheese/Chicken Quesadilla Or Burrito Bowl  
Sour Cream & Salsa  
Spanish Rice  
Fruit and Salad Bar  
Milk

**Thursday, Dec. 1**

**Breakfast**  
French Toast Sticks  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**  
Chef Salad Bar-Mixed Greens  
Meat/Olives/Carrots/Zucchini  
Cucumbers/Tomato/Avocado  
Garbanzo & Kidney Beans/  
And Pasta Salad  
Variety of Fruit  
Milk

**Friday, Dec. 2**

Cold Cereal or Yogurt  
Breakfast Bar  
3 Fresh Fruit Choices  
Milk and Juice

**Lunch**  
French Bread Pizza or Tony's Whole Grain Pizza  
Cheese/Vegetarian  
Pepperoni & Combo  
Hot Veggie  
Fruit & Super Salad Bar  
Milk

## COLD COMFORT.

There's still no cure for the common cold, but one tried and true remedy really can help: a bowl of hot chicken soup. The heat and steam help loosen up congestion and make you feel a little better while you wait for your cold to go away!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

**Monday, Dec. 5**

**Breakfast**  
Variety of Yoplait Yogurt  
Chocolate Grahams  
3 Fresh Fruit Choices  
Milk  
Juice

**Lunch**  
Homemade Spaghetti (WW)  
Garlic Flat Bread (WG)  
Fruit & Garden Salad Bar  
With Caesar Salad  
Milk

**Tuesday, Dec. 6**

**Breakfast**  
Country Breakfast Meal  
3 Fresh Fruit Choices  
Milk  
Juice

**Lunch**  
Taco Bar—Beef/Chicken  
Spicy Chili Beans  
Olives/Peppers/Salsa  
Sour Cream/Cheese  
Garden Salad Bar & Fruit  
Milk

**Wed., Dec. 7**

**Breakfast**  
Apple Cinnamon Oatmeal  
Cinnamon Grahams  
Raisins & Nuts  
3 Fresh Fruit Choices  
Milk & Juice

**Lunch**  
Chicken Fries  
Corn on the Cob  
Variety of Fruit  
Garden Salad Bar with Romaine Veggie Salad  
Milk

**Thursday, Dec. 8**

**Breakfast**  
Breakfast Burrito/Salsa (Egg & Cheese)  
3 Fresh Fruit Choices  
Milk & Juice

**Lunch**  
Hot Dog or Chili Dog (Turkey)  
Pretzels  
Cottage Cheese & Fruit  
Fruit & Garden Salad Bar  
Milk

**Friday, Dec. 9**

**Breakfast**  
Egg & Sausage Scramble  
Tortilla & Salsa  
3 Fresh Fruit Choice  
Milk & Juice

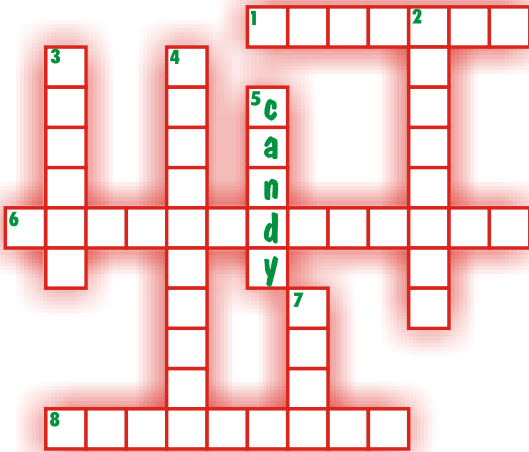
**Lunch**  
Bubble Pizza or Homemade Pizza  
Pepperoni/Vegetarian/  
Cheese/Garlic Chicken  
Fruit & Super Salad Bar  
Hot Veggie  
Milk





## Are you too sweet?

If you're like most Americans, you eat way too much added sugar - especially at this time of year. Just a few decades ago, there was almost no added sugar in American diets. Now, we get 15-20% of all our calories from sugar. On average, you should eat fewer than 48 grams (12 teaspoons) of added sugar a day. The puzzle below can help you see if you're eating too much sugar for your own good!



Fit the names of the added sugar sources into the crossword puzzle.

- |   |                                   |
|---|-----------------------------------|
| <b>Soda</b> 10 teaspoons added sugar    | <b>Ice Cream</b> 10 teaspoons     |
| <b>Milk Shake</b> 25 teaspoons          | <b>Cookies</b> 2-8 teaspoons      |
| <b>Candy</b> (1 package) 5-10 teaspoons | <b>Frosted Cereal</b> 3 teaspoons |
| <b>Fruit Drink</b> 4-8 teaspoons        | <b>Pastry</b> 3-12 teaspoons      |

These figures are averages and are for added sugar only -- some sugar occurs naturally in foods. 100% fruit juice does not contain any added sugar.

LEARN MORE AT [WWW.KIDSHEALTH.ORG/KID/STAY\\_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)

## Happy Holidays!



## Beware of Mistletoe!



From  
The Entire Staff of Manzanita Elementary

### Monday, Dec. 12

#### Breakfast

Waffle Bar  
Vanilla Yogurt, Nuts  
Sliced Strawberries, Bananas  
3 Fresh Fruit Choices  
Milk and Juice

#### Lunch

Grilled Chicken Sandwich  
Tomato/Lettuce/Pickles  
Cheese Nachos & Fixins'  
Fruit & Garden Salad Bar  
Milk

### Tuesday, Dec. 13

#### Breakfast

Mustang Breakfast Pizza  
3 Fresh Fruit Choices  
Milk  
Juice

#### Lunch

Bean & Cheese Burrito  
Spanish Rice  
Fruit & Garden Salad Bar  
With Tortilla Salad  
Milk

### Wed., Dec. 14

#### Breakfast

Ham and Egg Scramble  
Tator Tots  
3 Fresh Fruit Choices  
Milk & Juice

#### Lunch

Fresh Baked Lasagna  
Cheesy Bread Stick  
Fruit & Garden Salad Bar  
With Romaine Veggie Salad  
Milk

### Thursday, Dec. 15

#### Breakfast

Cold Cereal or Yogurt  
Chocolate Grahams  
3 Fresh Fruit Choices  
Milk & Juice

#### Lunch

French Bread Pizza or  
Tony's Whole Grain Pizza  
Cheese/Vegetarian  
Pepperoni & Combo  
Fruit & Super Salad Bar  
Milk

### Friday, Dec. 16

#### Breakfast

French Toast Sticks  
3 Fresh Fruit Choices  
Milk & Juice

#### Lunch

Chicken/Hqm Dinner  
(TBA)  
Christmas Potatoes  
Fruit and Salad Bar with  
Caesar Salad  
Santa Jello and Cookie  
Milk



## HOLD ON TIGHT!

**Last day of school:  
Friday, December 16  
Classes resume:  
Tuesday, January 2**

We'll see you in 2011!