

December 2017



M	T	W	T	F
27	28	29	30	1
				B: Chicken Biscuit L: Beef Steak Cheeseburger Sweet Potato Crinkles Spinach Deli Salad
4	5	6	7	8
B: Mini Waffles L: Turkey Pepperoni Pizza Mandarin Salad, Zucchini Corn Medley, FF Ranch Dressing	B: Turkey Sausage Biscuit L: Beef Steak Fingers Mashed Potato Seasoned Green Beans	B: Sweet Potato Gingerbread L: Beef Steak Cheeseburger Italian Zucchini Garden Salad	B: Yogurt Fruit Parfait & Granola L: Oven Roasted Chicken Cilantro Lime Rice Lentil Soup Red Cabbage Salsa	B: English Muffin w/ Canadian Ham L: Turkey Meatball Sub Sweet Potato Crinkles Spinach Deli Salad
11	12	13	14	15
B: Assorted Jamwich L: Veggie Pizza Steamed Corn Garden Salad	B: Yogurt & Graham Cracker Pack L: Chicken Tacos Cilantro Relish Charro Beans	B: Sweet Potato Gingerbread L: Beef Steak Cheeseburger Romaine & Tomato Salad Tomato Soup	B: Turkey Ham & Cheese Croissant L: Pasta w/ Turkey Meatballs Italian Veggie Blend Garden Salad	B: Assorted Muffins L: Clux Delux Burger Sweet Potato Crinkles Spinach Deli Salad
18	19	20	21	22
B: Assorted Mini Pancakes L: Chicken Dippers Mandarin Salad Celery & Carrot Sticks	B: Yogurt Fruit Parfait & Granola L: Crispy Beef Tacos Romaine & Tomato Salad Refried Beans	B: Turkey Ham & Cheese Croissant L: Golden Chicken Tenders Mashed Potatoes Broccoli w/ Cheese	B: Assorted Jamwich L: Beef Steak Cheeseburger Fresh Baby Carrots Italian Vegetable Blend San Antonio Schools Only Winter Break begins for RGV and Austin Schools	Winter Break begins for San Antonio Schools
25	26	27	28	29

Offered Daily

- For Breakfast:
- Assorted Fresh Fruit
 - 100% Fruit Juice (K – 12)
 - Fat-Free Milk
 - 1% Milk
 - Whole Grains
 - Assorted Cereal & Cracker Pack
- For Lunch:
- Assorted Fresh Fruit
 - Fat-Free Milk
 - 1% Milk
 - Whole Grains

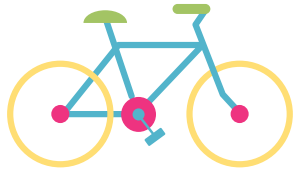
Menu is subject to change.

Nutrition Tips

Cranberries are popular additions to holiday dishes. These sweet/tart berries are healthier when fresh. One cup of cranberries contains 24 percent of the recommended daily value of vitamin C and contains only 46 calories. While dried cranberries retain the health benefits, most commercially dried cranberries contain added sugar. Try using fresh cranberries instead of dried cranberries when cooking and baking to add a pop of flavor while not adding a lot of calories.

Winter Break →

Key **B:** Breakfast | **L:** Lunch | **FF:** Fat Free **Salad Bar will be available Tuesday-Thursday for College Prep**
Salad Boxes will be available Tuesday-Thursday for Academy



Get Active!

If you like to work out to music, try updating your music playlist to get fitness motivation. You can also try bringing some holiday cheer to your workouts by playing your favorite upbeat holiday tunes. A simple “holiday workout” search on your favorite music site will result in numerous holiday upbeat playlists. A beat you enjoy can help you keep a steady pace while working out.

THE JOY OF COOKING WITH KIDS DURING THE HOLIDAYS

The holiday season is the perfect time to teach children about cooking and nutrition! Kids will not only get to try new foods they prepare, but they will also feel proud to see guests enjoy their yummy creations. Most importantly, cooking with children will promote nutrition and food safety at a young age. Here are some ideas to make it a fun learning experience:

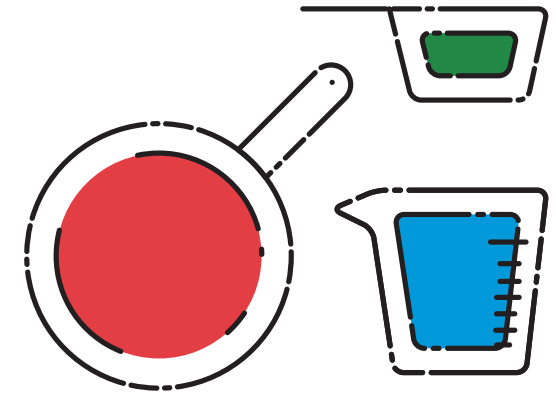
- Safety – Before getting started play holiday music and have everyone wash their hands with warm, soapy water.
- Basics – Cover basics such as gathering the ingredients and the importance of using measuring spoons and cups.
- Cooking – Assign recipe tasks based on age and abilities.
 - 5 and 6 year olds: stir pudding and mashed potatoes, snap green beans, prepare lettuce for a salad, press cookie cutters, pour liquids into batter.
 - 7 and 8 year olds: rinse vegetables, shuck corn, mix and shake ingredients, crack and beat eggs, measure dry ingredients.
 - 9 and 10 year olds: knead bread dough, stir hot mixtures, blend batters, broil foods in toaster oven, cut foods with a table knife.
 - Children age 10 and older: slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove.

Visit Our Website

At www.ideapublicschools.org for more nutrition information.

Also Available

Access our Menus by using the My School Menus App. Search “My School Menu” in the App Store or on Google Play.



Joke of the Month

What do you call a sad cranberry?

See answer below on the right.



IDEA
Public Schools



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