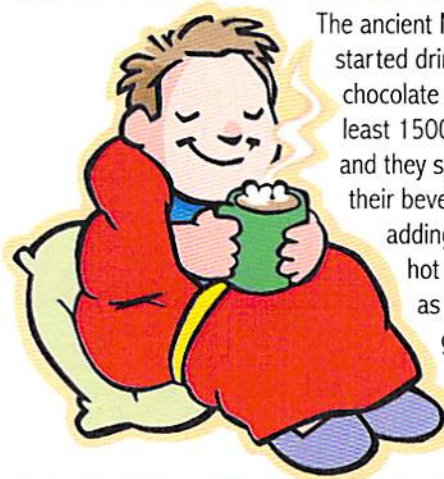




REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

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



Thurs, December 14

Lunch
Choose 1:
 Baked Ham
 Salisbury Steak w/Roll
Choose 1 or 2:
 Mashed Potatoes
 Green Beans
Choose 1:
 Fresh or Canned Fruit
Choose 1:
 Assorted Milk
Condiments
 Gravy

Friday, Dec 15

Lunch
Choose 1:
 Fish/Bun
 Hamburger/Bun (Lett/Tom/Pickle)
Choose 1 or 2:
 Baked Fries
 Celery Sticks
Choose 1:
 Canned /Fresh Fruit
Choose 1:
 Assorted Milk
Condiments:
 Ketchup, Mayo
 Mustard
 Ranch Dressing

Monday, Dec 18

Lunch
Choose 1:
 Chicken Patty/Bun
 Pork Rib/Bun (Lett/Tom/Pickle)
Choose 1 or 2:
 Baked Swt Potato Fries
 Coleslaw
Choose 1:
 Canned or Fresh Fruit
Choose 1:
 Assorted Milk
Condiments:
 BBQ ,Sauce,
 Ketchup, Mayo
 Mustard

Tuesday, Dec 19

Lunch
Choose 1:
 Pizza
 Chicken Noodle Soup (Grilled Cheese)
Choose 1 or 2:
 Tossed Side Salad
 Corn
Choose 1:
 Canned or Fresh Fruit
Choose 1:
 Assorted Milk
Condiments:
 Dressings

Wed. December 20

Lunch
Choose 1
 Sloppy Joe
 Hamburger/Bun (Lett/Tom/Pickle/Onion)
Choose 1 or 2:
 Baked French Fries
 Steamed Broccoli
Choose 1:
 Canned or Fresh Fruit
Choose 1:
 Assorted Milk
Condiments:
 Mayo, Mustard,
 Ketchup

Thurs. December 21

Manager's Choice!!

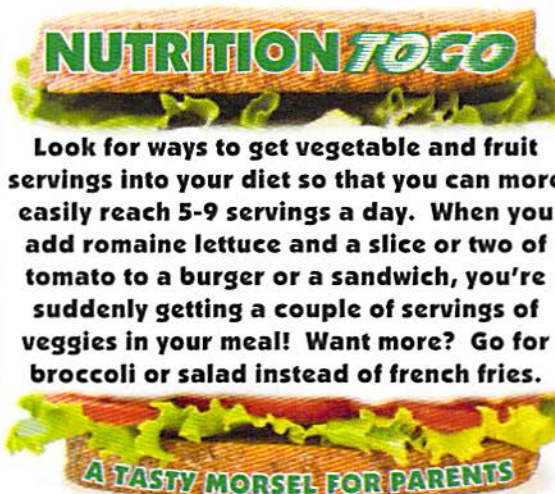
Merry Christmas
 No School
 December 22nd
 thru January 1st
 "See You Next Year"





Buchanan County Public Schools Menu K-12

This institution is an equal opportunity provider.



Look for ways to get vegetable and fruit servings into your diet so that you can more easily reach 5-9 servings a day. When you add romaine lettuce and a slice or two of tomato to a burger or a sandwich, you're suddenly getting a couple of servings of veggies in your meal! Want more? Go for broccoli or salad instead of french fries.

OUT COLD.



Not only do kids eat more in the winter, they also tend to exercise less.

Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

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

DON'T GET!
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

Friday, December 1
Lunch
Choose 1:
Pizza
Grilled Cheese Sand
Choose 1 or 2:
Tossed Side Salad
Corn
Choose 1:
Fresh or Canned Fruit
Choose 1:
Assorted Milk
Condiments:
Dressings,
Marinara Sauce

Monday December 4
Lunch
Choose 1:
Ham & Cheese/Bun
Grilled Cheese
(Tomato/Veg Soup)
Choose 1 or 2:
Carrots
Steamed Broccoli
Choose 1:
Fresh or Canned Fruit
Choose 1:
Assorted Milk
Condiments:
Ketchup, Mayo,
Ranch Dressing

Tuesday, December 5
Lunch
Choose 1:
Rotni
Chicken Fryz
Choose 1 or 2:
Tossed Side Salad
Corn
Choose 1:
Fresh or Canned Fruit
Choose 1:
Assorted Milk
Condiments:
Ketchup, BBQ Sauce
Honey, Dressing

Wed. December 6
Lunch
Choose 1:
Chicken Nuggets
Meatloaf/Roll
Choose 1 or 2:
Mashed Potatoes
Green Beans
Choose 1:
Fresh or Canned Fruit
Choose 1:
Assorted Milk
Condiments:
Ketchup Honey
BBQ Sauce

Thurs, December 7
Lunch
Choose 1
Hamburger
BBQ Sand
(Lett/Tom/Pickle)
Choose 1 or 2:
French Fries
Vegetarian Beans
Choose 1:
Fresh or Canned Fruit
Choose 1:
Assorted Milk
Condiments-
Mayo, Ketchup,
Mustard

Friday, December 8
Lunch
Choose 1:
Chicken Alfredo
Corndogs
Choose 1 or 2:
Vegetable Medley
Sliced/Cherry Tomatoes
Choose 1:
Fresh or Canned Fruit
Choose 1:
Assorted Milk
Condiments-
Mustard, Ketchup
Ranch Dressing

Mon, December 11
Lunch
Choose 1:
Hotdog/Bun
Meatball Sub/Bun
Choose 1 or 2:
Baked Swt Potato Fries
Steamed Broccoli
Choose 1:
Canned or Fresh Fruit
Choose 1:
Chocolate Chip Cookie
Choose 1:
Assorted Milk
Condiments:
Ketchup Mustard
Ranch Dressing
Chili Onion

Tues December 12
Lunch
Choose 1:
Chicken Fajita on Soft
Tortilla, Taco Salad
Tortilla Chips
(Lett/Tom/Cheese)
Choose 1 or 2:
Pinto Beans
Salsa
Choose 1:
Assorted Milk
Condiments:
Taco Sauce

Wed, December 13
Lunch
Choose 1:
Spaghetti w/Breadstick
Grilled Chicken/Bun
(Lett/Tom/Pickle)
Choose 1 or 2:
Tossed Side Salad
Steamed Carrots
Choose 1:
Assorted Milk
Choose 1:
Fresh or Canned Fruit
Condiments:
Mayo Mustard
Ketchup Dressings



Merry Christmas