

NUTRITION

Food for Thought

Taming the Sweet Treats

Love sweets? You're not alone!

Unfortunately, sugary foods and drinks tend to be high in calories and low in nutrients. Cutting them out entirely is probably unrealistic, but eating smaller amounts is something you can aim for. Try these tricks to tame the sweet treats.

Remove temptation. Sometimes all it takes is applying the concept "out of sight, out of mind". Ask your family to join you in your effort to keep sweet treats out of the kitchen as much as possible. It will be good for everyone!

Satisfy your sweet tooth with a twist. Go for a naturally sweet food—fruit! Dive into a fresh, juicy pear. Or, create a parfait with low fat granola, low fat vanilla yogurt and clementine or orange segments.

Craving a warm dessert? Bake apples and top with cinnamon.

Sip smarter. Drink water, fat free milk or 100% fruit juice instead of regular soda or other sweet drinks.

Make treats "treats". Make them a sometimes (not every day) food. Focus on non-food "treats"—read a good book, talk with friends, or listen to music.

Nutrilink: Learn more about added sugars at www.choosemyplate.gov/weight-management-calories/calories/added-sugars.html.



Caswell County Schools Child Nutrition Program

"We Nourish Education"



December 2018 Menus

Monday, December 3

Menu Choices: BREAKFAST

Pancake Sausage Bites
Dunkin Stix
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Mini Corn Dogs Popcorn Chicken

Broccoli, Green Peas
Rice
Whole Grain Dinner Roll
Fruit Choice
Milk

Chef Salad

Tuesday, December 4

Menu Choices: BREAKFAST

Eggs w/ Roll, Banana Bread
Mini Pancakes
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Hot Dog w/ Chili Chicken (Tenders)

& Waffles
Turnip Greens, Cole Slaw
Whole Grain Bun
Fruit Choice
Milk

Chef Salad

Wednesday, December 5

Menu Choices: BREAKFAST

French Toast Sticks
Chicken Biscuit
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Baked Spaghetti Pizza Sticks

Veg Medley, Green Beans
G -Salad, Marinara Sauce
Whole Grain Bread
Fruit Choice
Milk

Grilled Chicken Salad

Thursday, December 6

Menu Choices: BREAKFAST

Breakfast Pizza
Waffles
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Taco Salad Breaded Pork Chop

Corn, Pinto Beans
Side Salad, Salsa
Tortilla Chips, Rice, WGBun
Fruit Choice
Milk

Chef Salad

Friday, December 7

Menu Choices: BREAKFAST

Sausage Biscuit
Cinnamon Roll
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/Pepperoni Pizza Baked Potato & Salad

Veg Dippers, Veg Choice
Marinara Sauce
WG Bread Choice
Fruit Choice
Milk

Chef Salad

Monday, December 10

Menu Choices: BREAKFAST

Pancake Sausage Bites
Dunkin Stix
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

General Tso Chicken Beef Rib Patty

Broccoli, Green Peas
Rice
Wh Grain Dinner Roll, Bun
Fruit Choice
Milk

Chef Salad

Tuesday, December 11

Menu Choices: BREAKFAST

Eggs w/ Roll, Banana Bread
Mini Pancakes
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Pork BBQ Mini Corn Dogs

Turnip Greens, Cole Slaw
Mac & Cheese
Whole Grain Bun
Fruit Choice
Milk

Chef Salad

Wednesday, December 12

Menu Choices: BREAKFAST

French Toast Sticks
Chicken Biscuit
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Calzone Pizza Sticks

Veg Medley
G -Salad, Marinara Sauce
Fruit Choice
Milk

Grilled Chicken Salad

Thursday, December 13

Menu Choices: BREAKFAST

Breakfast Pizza
Waffles
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Turkey Supreme Manager's Choice

Green Beans
Sweet Potato Souffle
Dinner Roll
Cranberry Sauce, Fruit
Dessert, Milk

Chef Salad

Friday, December 14

Menu Choices: BREAKFAST

Sausage Biscuit
Cinnamon Roll
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/Pepperoni Pizza Baked Potato & Salad

Veg Dippers, Veg Choice
Marinara Sauce
WG Bread Choice
Fruit Choice
Milk

Chef Salad



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<http://childnutrition.ncpublicschools.gov>



Food Bytes

Wash Your Hands

It is cold and flu season.

Handwashing is one of the best ways to protect yourself, your family, and others from getting sick.

When should you wash your hands?

Wash hands often. Here are key times:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After you blow your nose, cough or sneeze
- After touching an animal, its feed or waste
- After touching garbage

How should you wash your hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Lather hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. (Hint: Sing the "Happy Birthday" song.)
4. Rinse hands well under clean, running water.
5. Dry hands with a clean towel or air dry them.

If you don't have access to soap and water, use a 60% alcohol-based sanitizing solution until you can wash your hands.

Nutrilink:

<http://health.gov/dietaryguidelines>

Monday, December 17

Menu Choices:

BREAKFAST

Pancake Sausage Bites
Dunkin Stix
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Tangerine Chicken

Meatballs

Broccoli, Green Peas
Rice
Whole Grain Dinner Roll
Fruit Choice
Milk

Chef Salad

Tuesday, December 18

Menu Choices:

BREAKFAST

Eggs w/ Roll, Banana Bread
Mini Pancakes
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Salisbury Steak & Gravy

Chicken Fillet

Turnip Greens
Whipped Potatoes
Corn Muffin, Wh Grain Bun
Fruit Choice
Milk

Chef Salad

Wednesday, December 19

Menu Choices:

BREAKFAST

French Toast Sticks
Chicken Biscuit
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Lasagna

Pizza Sticks

Veg Medley, Green Beans
G -Salad, Marinara Sauce
Whole Grain Bread
Fruit Choice
Milk

Grilled Chicken Salad

Thursday, December 20

Menu Choices:

BREAKFAST

Breakfast Pizza
Waffles
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken Fajita

Beef Fiestada

Corn, Pinto Beans
Side Salad, Salsa
Tortilla, Rice
Fruit Choice
Milk

Chef Salad

Friday, December 21

Menu Choices:

BREAKFAST

Sausage Biscuit
Cinnamon Roll
Cereal, Pop Tart, Yogurt
Fruit, 100% Fruit Juice, Milk

LUNCH

Ch/Pepperoni Pizza

Baked Potato & Salad

Veg Dippers, Veg Choice
Marinara Sauce
WG Bread Choice
Fruit Choice
Milk

Chef Salad

Monday, December 24

Tuesday, December 25

Wednesday, December 26

Thursday, December 27

Friday, December 28



Monday, December 31

Tuesday, January 1



HAPPY NEW
2019
YEAR

Daily Milk Choices

Skim Chocolate,
Strawberry & White
1% White

Monthly Menu Notes:
Menu is Subject to Change
Due to Food Availability
and / or Nutrient Analysis