

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/



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"Schools, Parents & Communities Working Together
To Make A Difference In Our Future"



Caswell County Schools
Child Nutrition Program

Menus

December 2017



Friday, December 1

Menu Choices:
BREAKFAST

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

LUNCH

Ch/ Pepperoni Pizza
Baked Potato & Salad
Veggie Dippers
Steamed Carrots
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Monday, December 4

Menu Choices:
BREAKFAST

Pancake Stick, Yogurt
Blueberry Mini Loaf, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Teriyaki Beef
Popcorn Chicken
Broccoli, Peas & Carrots
Oriental Stir-Fry, Rice
Whole Grain Dinner Roll
Fruit Choice
Milk

Chef Salad

Tuesday, December 5

Menu Choices:
BREAKFAST

Eggs w/ Toast, Yogurt
Mini Pancakes, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Hot Dog
Meat loaf
Turnip Greens, Cole Slaw
Au Gratin Potatoes
Whole Grain Bun, Biscuit
Fruit Choice
Milk

Chef Salad

Wednesday, December 6

Menu Choices:
BREAKFAST

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

LUNCH

Baked Spaghetti
Pizza Strips/Sticks
Marinara Sauce, G - Salad
Veg Medley, Green Beans
Whole Grain Bread
Fruit Choice
Milk

Grilled Chicken Salad

Thursday, December 7

Menu Choices:
BREAKFAST

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

LUNCH

Taco Salad
Beef Fiestada
Corn, Pinto Beans, Salad
Salsa, Tortilla Chips
Spanish Rice
Fruit Choice
Milk

Chef Salad

Friday, December 8

Menu Choices:
BREAKFAST

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

LUNCH

Ch/ Pepperoni Pizza
Baked Potato & Salad
Veggie Dippers
Vegetable Choice
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Food Bytes:

Dietary Guidelines

Did you know the *Dietary Guidelines for Americans* are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the current version of the *Dietary Guidelines* are:

1. **Follow a healthy eating pattern.** All food and beverage choices matter. Opt for a eating pattern at a calorie level to help you achieve and maintain a healthy body weight, get the nutrients you need, and reduce your risk for obesity, heart disease, diabetes and cancer.
2. **Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, eat a variety of nutrient-dense foods across and within all food groups in recommended amounts.
3. **Limit calories from added sugars and saturated fats. Reduce sodium (salt).**
4. **Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
5. **Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.

Nutrilink:

<http://health.gov/dietaryguidelines>

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

Monday, December 11

Menu Choices:

BREAKFAST

Pancake Stick, Yogurt
Blueberry Mini Loaf, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

General Tso Chicken

Beef Rib Patty

Broccoli, Peas & Carrots
Oriental Stir-Fry, Rice
WhGrain Dinner Roll, Bun
Fruit Choice
Milk

Chef Salad

Tuesday, December 12

Menu Choices:

BREAKFAST

Eggs w/ Toast, Yogurt
Mini Pancakes, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Chicken BBQ

Corn Dog

Turnip Greens, Cole Slaw
Baked Sweet Potato/Fries
Whole Grain Bun
Fruit Choice
Milk

Chef Salad

Wednesday, December 13

Menu Choices:

BREAKFAST

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

Holiday Lunch

Turkey & Dressing

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

- or -

Chef Salad as Meal

Thursday, December 14

Menu Choices:

BREAKFAST

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

LUNCH

Chicken Fajita

Breaded Pork Chop

Corn, Pinto Beans, Salad
Salsa, Spanish Rice
Tortilla, Whole Grain Bun
Fruit Choice
Milk

Chef Salad

Friday, December 15

Menu Choices:

BREAKFAST

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

LUNCH

Ch/ Pepperoni Pizza

Baked Potato & Salad

Veggie Dippers
Vegetable Choice
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Monday, December 18

Menu Choices:

BREAKFAST

Pancake Stick, Yogurt
Blueberry Mini Loaf, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Teriyaki Chicken

Chicken Tenders

Broccoli, Peas & Carrots
Oriental Stir-Fry, Rice
Whole Grain Dinner Roll
Fruit Choice
Milk

Chef Salad

Tuesday, December 19

Menu Choices:

BREAKFAST

Eggs w/ Toast, Yogurt
Mini Pancakes, Cereal
Pop Tart
Fruit, 100% Fruit Juice, Milk

LUNCH

Cheeseburger

Chicken Nuggets

Turnip Greens
Baked Sweet Potato/Fries
Whole Grain Bun
Fruit Choice
Milk

Chef Salad

Wednesday, December 20

Menu Choices:

BREAKFAST

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

LUNCH

Ch/ Pepperoni Pizza

Baked Potato & Salad

Veggie Dippers
Vegetable Choice
Whole Grain Bread Choice
Fruit Choice
Milk

Chef Salad

Thursday, December 21

Friday, December 22



Holiday Break

December 21, 2017 -
January 1, 2018



FROM:

Caswell County Schools
Child Nutrition Program

Season's Greetings

