

Friday, December I

#### **Breakfast**

WG Egg & Cheese Bagel Sandwich Choice of Fruit 100% Fruit Juice 100% Juice & Fruit

#### Lunch

WG Personal Pan Pizza OR Hot Dog / WG Bun Savory Green Beans Choice of Veggie Applesauce Choice of Fruit

Monday, December 4

#### Breakfast

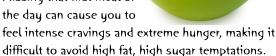
Baked Whole Grain 'Cinni Mini" Rolls 100% Juice & Fruit

#### Lunch

WG Chicken Nuggets WG Dinner Köll Baked Curly Fries Choice of Veggie Mandarin Oranges Choice of Fruit

# HAPPIER HOLIDAYS.

Want to avoid overeating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of



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

# Tuesday, December 5

#### **Breakfast**

Baked Whole Grain Apple Frudel 100% Juice & Fruit

#### Lunch

WG Toasted Cheese Sandwich Creamy Tomato Soup OR Crispy Chicken Nuggets w/ WG Roll Savory Green Beans Choice of Veggie Fresh Petite Banana Choice of Fruit

# Wednesday, December 6 **Breakfast**

Whole Grain Pancake Sausage Stick Choice of Fruit 100% Fruit Juice

#### **New Lunch Item**

"Mrs T's " Cheesy Mini Pierogie Bake OR Chicken Nuggets WG Soft Pretzel Cheesy Broccoli Whole Fruit Juice Cup Choice of Fruit

HISTORY NATION'S ranberries are considered a very American food. Native Americans made cranberry sauce by sweetening the tart berries with maple syrup. When it was discovered that cranberries grew very well in "bogs" of shallow water, cultivation of the fruit spread from New England to Wisconsin to the Pacific Northwest and even to Europe! When an American ship loaded with cranberries sank along the Dutch coast, crates of the berries washed ashore and broke up. Some of the berries took root, and cranberries have been cultivated on certain Dutch islands ever since!



We have the perfect iob for you:

See the kids off to school & return home before they do. Also have summers, weekends, & nights off. Call Food Service at 412-373-5777.

Thursday, December 7

#### **Breakfast**

Whole Grain Breakfast Sausage Pizza Choice of Fruit 100% Fruit Juice

#### Lunch

Seasoned Beef Nachos w/ Cheese & Salsa OR Chicken Nuggets w/ Whole Grain Roll Niblets of Corn Applesauce Choice of Fruit



Friday, December 8

& USTICE FOR ALL \*

#### **Breakfast**

Asst. Whole Grain **Breakfast Pastries** 100% Juice & Fruit

#### Lunch

WG "Big Daddy" Pizza OR Chicken Nuggets w/ Whole Grain Roll Savory Green Beans Choice of Fruit/ Veggie Chilled Pears Choice of Fruit



As listed or choice of Deli Hoagie, or "YO 2 GO" Combo or PB & J Sandwich Meal

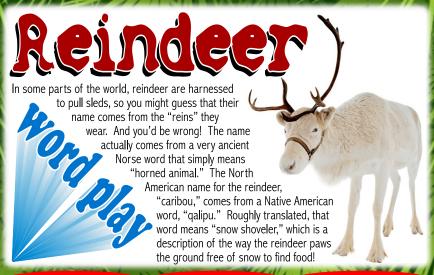
Alt. Lunch Fruit & Veggie Items:

Assorted Fresh or Canned Fruit **Assorted Fresh Vegetable Medleys** 

Choice of Low Fat/ Fat Free Milk

Asst. 100% Pasteurized Fruit Juice

**Breakfast:** Assorted WG Pastries,, WG Cereal &/ or WG Cereal Bars w/ WG **Grahams, & Assorted Fruit** 



Thursday, December 14 Wednesday, December 13

# **Breakfast**

Whole Grain Pancake Sausage Stick Choice of Fruit 100% Fruit Juice

### Lunch

WG Baked Penne Cheese Pasta Bowl w/ Garlic Bread Stick OR WG Cheeseburger/ Bun Savory Green Beans Choice of Veggie Chilled Pears Choice of Fruit

## Breakfast

Whole Grain Breakfast Sausage Pizza 100% Juice & Fruit

#### Lunch

WG Chicken Nachos w /or w/o Cheese OR Cheeseburger/ WG Bun Niblets of Corn Choice of Veggie Whole Fruit Juice Cup Choice of Fruit

#### Friday, December 15

#### Breakfast

Asst. Whole Grain **Breakfast Pastries** 100% Juice & Fruit

#### Lunch

WG Schwann's French Cheese Bread Pizza OR WG Cheeseburger/ Bun California Veggie Blend Choice of Veggie Chilled Fruit Cocktaili Choice of Fruit

Monday, December II

#### Breakfast

Baked Whole Grain Apple Frudel 100% Juice & Fruit

#### Lunch

WG Cheeseburger/ Bun **Baked Potato Smiles** Choice of Veggie Chilled Peaches Choice of Fruit

Monday, December 18

#### Breakfast

Baked WG BeneFIT Breakfast Bar 100% Juice & Fruit

#### Lunch

WG Chicken Nuggets w/ WG Dinner Roll OR WG Chicken Corndog Oven Baked Beans Choice of Veggie Pineapple Tidbits Choice of Fruit





# **Get crackin'!**

There might not be another snack that's as good for you -- and as fun -- as whole walnuts that you crack yourself! The nuts are

filling and tasty, and the process of breaking them open involves more effort than mindlessly stuffing yourself with chips. Plus walnuts are loaded with stuff that's good for you — for instance, walnuts are one of the few non-fish sources of super-healthy omega-3 fatty acids.

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

### Tuesday, December 12

#### **Breakfast**

Baked WG BeneFIT Breakfast Bar 100% Juice & Fruit

#### Lunch

WG Popcorn Chicken WG Waffle OR WG Cheeseburger/ Bun Golden Hash Brown Choice of Veggie Mandarin Oranges Choice of Fruit

Tuesday, December 19

#### **Breakfast**

Baked Whole Grain Apple Frudel 100% Juice & Fruit

#### Lunch

WG Bacon Cheeseburger OR WG Chicken Corndog Baked Potato Wedges Choice of Veggie Chilled Peaches Choice of Fruit

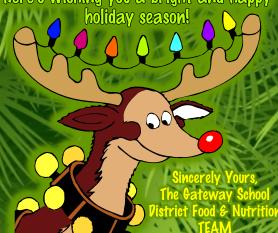
### **Breakfast**

Whole Grain Breakfast Sausage Pizza 100% Juice & Fruit

#### **New Lunch Item**

WG Breaded Boneless Wings w/ WG Roll OR WG Chicken Corndog Baked Potato Smiles Choice of Veggie Craisins "Snack Pack" Choice of Fruit

Wednesday, December 20 Here's wishing you a bright and happy



#### Thursday, December 21

#### **Breakfast**

Asst. Whole Grain **Breakfast Pastries** 100% Juice & Fruit

### Lunch

+WG "Meat Lovers Stromboli +w/ Dipping Sauce ÓR WG Chicken Corndoa Savory Green Beans Whole Fruit Juice Cup Choice of Fruit

Vote "+" symbol denotes contains pork

