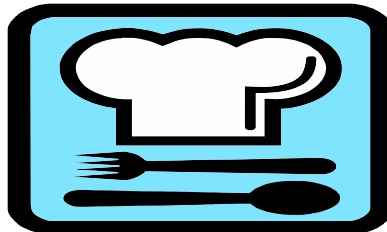


# Menus for DECEMBER 2014

USDA is an equal  
opportunity provider  
and employer.



## Cook's Choice



MENUS ARE  
SUBJECT TO CHANGE

## D.I.Y. VACCINATION.



It's the do-it-yourself  
vaccine that can help  
keep you healthy!  
Regular handwashing  
is a simple, effective  
way to keep the  
germs away and keep you  
on your feet. Plain soap and  
warm water work just fine!

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

**Monday, December 1**

SCHOOL CLOSED

SCHOOL  
CLOSED

**Tuesday, December 2**

### **Breakfast**

Cereal, Raisin  
Toast, Juice, Milk

### **Lunch**

Hot dogs, Mixed  
fruit, Cole slaw,  
Oven fries, Milk

**Wed., December 3**

### **Breakfast**

Muffins,  
Strawberries, Milk

### **Lunch**

Chicken salad,  
Let./Tom., Pickle  
spear, Dinner roll,  
Strawberries, Milk

**Thursday, December**

### **Breakfast**

Biscuit w/egg  
patties, sausage  
patties, Juice, Milk

### **Lunch**

Spaghetti w/Meat  
sauce, Dinner roll,  
Diced apricots,  
Kernal corn, Milk

**Friday, December 5**

### **Breakfast**

Pop Tarts, Juice,  
Milk

### **Lunch**

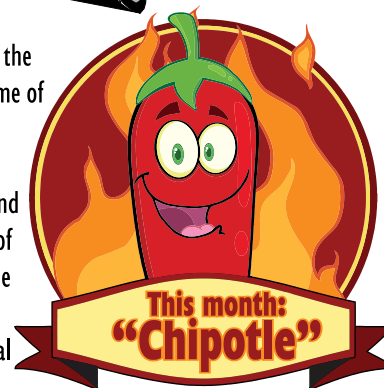
Turkey sandwich  
on hoagie bun,  
Cucumber slices,  
apples, Potato  
chips, Milk

Where do all of our  
crazy names for  
food come  
from?



**WORDS  
OF  
MOUTH**

**B**efore it was the  
familiar name of  
a popular eating  
establishment,  
"chipotle" was (and  
still is) the name of  
a kind of food. The  
word is a Spanish  
version of a Central



Mexican Native  
word, "chilpochtli," which means "smoked chili" -- and that's  
exactly what chipotles are. Some of the green jalapeños are  
left on the vine to turn deep red and become somewhat  
shriveled, like grapes turning into raisins. These super ripe  
peppers are then put in a chamber and wood-smoked until  
nearly all the moisture is gone. Chipotles lend a smoky,  
medium-spicy flavor to soups, bean dishes, sauces, and rubs.

**Monday, December 8**

### **Breakfast**

Hash browns, Egg  
Patties, Wheat  
toast, Orange  
slices, Milk

### **Lunch**

Chicken Fajita,  
Tortilla wrap,  
Spanish rice,  
Broccoli, Pears,

**Tuesday, December 9**

### **Breakfast**

Breakfast Pizza,  
Juice, Milk

### **Lunch**

Hamburgers, Let./  
Tom., Diced  
peaches, Oven  
fries, Milk

**Wed., December 10**

### **Breakfast**

Cereal, Raisin  
toast, Juice, Milk

### **Lunch**

PBJ Sandwich,  
Oranges, Carrot  
sticks, Potato  
chips, Milk

**Thursday, December**

### **Breakfast**

Bagels, Sausage  
links, Strawberries,  
Milk

### **Lunch**

Oven Baked  
Chicken, Dinner  
roll, Green beans,  
Strawberries, Milk

**Friday, December 12**

### **Breakfast**

French toast sticks,  
Juice, Milk

### **Lunch**

Grilled Cheese,  
Mixed Veggies,  
Honey dew melon,  
Milk