

Menus for
December 2024

ACMETONIA
Elementary School

NUTRITION TO GO

The widespread use of chocolate in everything from drinks to candies to other confections makes it one of our most versatile and popular flavorings. Over the years, chocolate has been both praised and criticized regarding its healthfulness. Just remember: chocolate, like most treats, is a food best enjoyed in moderation.

A QUICK BITE FOR PARENTS

OUT COLD.

Not only do we eat more in the winter, we 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!

<p>Breakfast: Choose at least <u>3</u> of <u>4</u> available component</p> <p>Daily breakfast entrée or variety of alternate choices</p> <p>Fruit or 100% Fruit Juice</p> <p>Milk Choice</p>	<p>Lunch: <u>Alternate Choice:</u> 1) Deli Hoagie 2) Peanut Butter & Jelly Sandwich</p> <p><u>Available Daily:</u> Fruit or 100% Fruit Juice Vegetable Choice Wholegrain Breads/Rolls Milk Choice</p>	<p><u>Tuesday, December 3</u></p> <p>Breakfast Cereal Choice with Wholegrain Crackers</p> <p>Lunch Breaded Pizza Crunchers</p> <p>Vegetable Choice</p> <p>Fruit / Milk Choice</p>	<p><u>Wednesday, December 4</u></p> <p>Breakfast Super Bakery Wholegrain Muffins</p> <p>Lunch Hot Dog on a Whole Grain Bun</p> <p>Baked Tater Tots</p> <p>Fruit / Milk Choice</p>	<p><u>Thursday, December 5</u></p> <p>Breakfast Sausage & Pancake Flap Stick with Syrup</p> <p>Lunch Barbecue Rib Sandwich</p> <p>Baked Fries</p> <p>Fruit / Milk Choice</p>	<p><u>Friday, December 6</u></p> <p>Breakfast Super Bakery Banana Bread</p> <p>Lunch Stuffed Crust Pizza</p> <p>Tossed Garden Salad</p> <p>Fruit / Milk Choice</p>
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YOU'RE GOOD




ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

<p><u>Monday, December 9</u></p> <p>Breakfast Super Bakery Wholegrain Donut Rings</p> <p>Lunch Orange Asian Chicken & Rice with Dinner Roll</p> <p>Steamed Broccoli</p> <p>Fruit / Milk Choice</p>	<p><u>Tuesday, December 10</u></p> <p>Breakfast Toasted Wholegrain Pop Tarts</p> <p>Lunch French Bread Pizza Wedge</p> <p>Baked Fries</p> <p>Fruit / Milk Choice</p>	<p><u>Wednesday, December 11</u></p> <p>Breakfast Breakfast Pizza Square</p> <p>Lunch Cheeseburger on a Wholegrain Bun</p> <p>Crinkle Cut Baked Fries</p> <p>Fruit / Milk Choice</p>	<p><u>Thursday, December 12</u></p> <p>Breakfast Cocoa Cherry Breakfast Bar</p> <p>Lunch Baked Italian Hoagie on a Wholegrain Bun</p> <p>Crispy Potato Sticks</p> <p>Fruit / Milk Choice</p>	<p><u>Friday, December 13</u></p> <p>Breakfast Apple or Strawberry Breakfast Bar</p> <p>Lunch BOSCO Sticks with Pizza Sauce Dipping Cup</p> <p>Tossed Garden Salad</p> <p>Fruit / Milk Choice</p>
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FRUIT

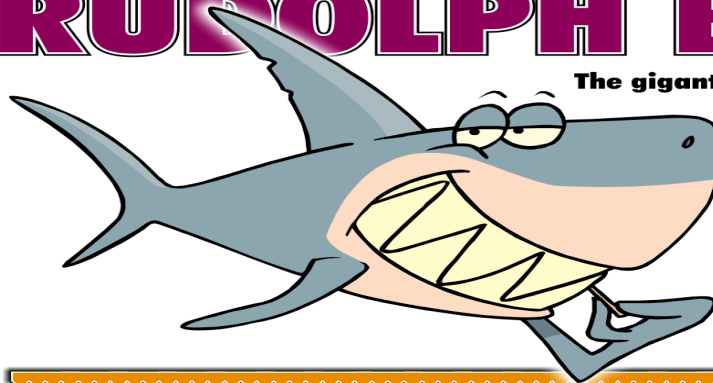
Pomegranate



Pomegranates are bursting with edible red seeds that lower cholesterol and fight damage to your body's cells. They also help prevent muscle cramps and fight against insulin resistance. The seeds are juicy and crunchy, sweet and tart!

OF THE MONTH

RUDOLPH BEWARE



The gigantic Greenland Shark thrives in the frigid waters of the northern oceans, where it grows to as much as 24 feet long and may live for 200 years. Greenland Sharks mainly snack on fish and seals, but they'll also scavenge anything that's fallen through the ice, from polar bears to horses -- they'll even go for a reindeer that strays too close to the water's edge!

ANIMAL APPETITES

Monday, December 16

Breakfast
Maple Waffle Bites with Syrup Cup

Holiday Meal:
Sliced Turkey & Gravy
Whipped Potatoes
Steamed Corn
Cornbread & Butter
Fruit & Juice Choices
*Dessert Choice
Milk Choice

Tuesday, December 17

Breakfast
Baked Cinnamon Donut Holes

Lunch
Beef & Cheese Nachos

Steamed Corn

Fruit / Milk Choice

Wednesday, December 18

Breakfast
Egg & Cheese Breakfast Sandwich

Lunch
Breaded Corn Dog Nuggets

Baked Smiley Fries

Fruit / Milk Choice

Thursday, December 19

Breakfast
French Toast Bites with Syrup Cup

Lunch
Chicken Nuggets with Snowman Shaped Soft Pretzel

Baby Carrots & Ranch Dip

Fruit / Milk Choice

Friday, December 20

Breakfast
Wholegrain Donut Cake Stick

Lunch
Deep Dish Pizza with Vegetable Choice

Cherry/Lime Swirl Juice Cup

Fruit / Milk Choice

SEE YOU IN

2025


HAPPY NEW YEAR!

Last day of school:
Friday, Dec. 20

Classes resume:
Thursday Jan. 2

HERB/SPICE

Cinnamon



Herbs and spices are plants that are used to flavor food. The bark of the cinnamon tree, in powder or stick form, has been valued for both its seasoning and medicinal properties for thousands of years. Makes a great winter warmer drink with a little milk and honey, too!

OF THE MONTH



PLANT SCIENTISTS HAVE COMBINED KALE AND BRUSSEL SPROUTS TO CREATE A **COMPLETELY NEW** KIND OF VEGETABLE -- AND YOU CAN ACTUALLY BUY THESE **CUTE LITTLE GUYS** IN THE GROCERY STORE! THE NEW **SUPERVEGGIE** (CALLED **KALETTES**) TEAMS UP THE SUPERIOR NUTRITION OF KALE WITH THE EXCELLENT FIBER OF BRUSSEL SPROUTS. AND THEY'RE **GREAT** ROASTED WITH A LITTLE OLIVE OIL!

STRANGE BUT TRUE!