

**MENUS FOR
DECEMBER
2024**



Springdale Junior/Senior High School

**YOU'RE
GOOD**



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

Breakfast:

Choose at least 3 of the 4 available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times:

7:20am to 7:45am

Tuesday, December 3

Line 1: Double Burger with Baked Fries
Line 2: French Bread Pizza with Steamed Corn

Wednesday, December 4

Line 1: French Toast Sticks & Sausage Links
Line 2: Cheeseburger with Hash Brown Potatoes

Thursday, December 5

Line 1: Popcorn Chicken with Mac & Cheese
Line 2: Spicy Buffalo Chicken Bites with Dipping Sauce

Friday, December 6

Line 1: Baked Lasagna with Toasted Bread Stick
Line 2: Garlic French Bread Cheese Pizza



REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

Learn more at www.CHOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Making a Complete Meal

A school lunch consist of 5 components: Protein, Vegetables, Grains, Fruit and Milk. Please choose at least 3 components to make a reimbursable meal.

Under the new guidelines, one of your selections must include a serving of fruit or vegetable.

*All lunches include choice of milk.

Monday, December 9

- Line 1: Grilled Cheese with Cup of Soup
- Line 2: Toasted Ham & Cheese on a Pretzel Bun

Tuesday, December 10

- Line 1: Beef & Cheese Nachos & Steamed Corn
- Line 2: Chicken Sandwich with Cheesy Potatoes

Wednesday, December 11

- Line 1: Asian Chicken with Rice & Broccoli
- Line 2: Cheeseburger

Thursday, December 12

- Line 1: BBQ Rib Sandwich
- Line 2: Chicken Sandwich with Mac & Cheese

Friday, December 13

- Line 1: Hot Honey Chicken Sandwich
- Line 2: French Bread Pizza

Monday, December 16

- Line 1: Double Burger with Baked Fries
- Line 2: French Bread Pizza

Tuesday, December 17

- Line 1: Quesadilla Pizza with Spanish Rice
- Line 2: Baked Hoagie or Pizza

Wednesday, December 18

- Stuffed Chicken Breast with Dinner Roll
- Whipped Potatoes & Gravy
- Steamed Seasoned Broccoli
- Holiday Dessert

Thursday, December 19

- Line 1: Popcorn Chicken with Curly Fries & Baked Onion Rings
- Line 2: Garlic French Bread Cheese Pizza

Friday, December 20

- Line 1: BOSCO Sticks with Pizza Sauce
- Line 2: Deli Hoagie or Chef's Salad

**Classes Resume
January 2nd**



**Holiday Feast
Wednesday
December 18th**

COLD ≠ COLD.

Cold weather doesn't cause colds - viruses do! Same with the flu. Of course, you should always dress appropriately outdoors for comfort and to avoid frostbite (in other words, put your coat on!) But if you don't want to get sick, you should remember to wash your hands!



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

FRUIT

Clementines



Clementines are small citrus fruits that kids love! They're usually seedless, and each juicy, easy-to-peel little orange contains 35 calories, a gram of fiber, and 60% of your daily vitamin C.

OF THE MONTH