

DECEMBER 2013 ELEMENTARY "FUEL UP TO PLAY 60" MENUS



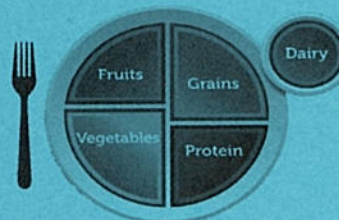
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Crunchy Veggie Dippers Fresh Fruit Biscuit & Sausage	3 Pizza Tuna Salad Sandwich Steamed Edamame Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit French Toast Sticks	4 Chicken Tenders Meatloaf Mashed Potatoes Caribbean Blend Vegetables Garden Salad Blueberry Cup Fresh Fruit Whole Wheat Roll Yogurt Parfait	5 Bean & Cheese Burrito Soft or Crispy Tacos Seasoned Carrots Garden Salad Peach Cup Fresh Fruit Scrambled Eggs & Biscuit	6 Fish Mac n' Cheese Steak Sticks Steamed Broccoli Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Breadstick Chicken Biscuit
9 Tamales (Bean & Cheese) Toasted Cheese Sandwich Seasoned Mixed Vegetables Crunchy Veggie Dippers Pineapple Cup Fresh Fruit Whole Grain Cornbread Pancakes	10 Spaghetti w/Meatballs Yogurt Plate (yogurt & half sandwich) Steamed Spinach Garden Salad Berry Cup (Strawberry & Blueberry) Fresh Fruit Whole Wheat Garlic Toast Biscuit & Sausage	11 Pizza Dippers Country Catfish Sweet Potato Fries Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit Whole Wheat Breadstick Breakfast Taco	12 Enchilada Roasted Chicken Seasoned Pinto Beans Riviera Blend Vegetables Garden Salad Applesauce Fresh Fruit Whole Grain Cornbread Chicken Biscuit	13 Chicken Burger Garden Burger Roasted Potato Wedges Carrots and Edamame Garden Salad Pear Cup Fresh Fruit Texas Star Bread & Sausage
16 Pizza Tuna Salad Sandwich Steamed Broccoli Seasoned Corn Crunchy Veggie Dippers Applesauce Fresh Fruit Biscuit & Sausage	17 Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Crunchy Veggie Dippers Garden Salad Fresh Fruit French Toast Sticks	18 Soft or Crispy Tacos Turkey & Cheese Melt Seasoned Pinto Beans Garden Salad Chilled Fruit Cocktail Fresh Fruit Mini Loaf & Sausage Link	19 Turkey over Rice Steak Sticks Sweet Potatoes Seasoned Green Beans Strawberry Cup Whole Wheat Breadstick Chicken Biscuit	20 Chicken Tenders Meatloaf Mashed Potatoes Caribbean Blend Vegetables Blueberry Cup Whole Wheat Roll Scrambled Eggs & Biscuit

FRUIT OF THE MONTH

Oranges are an excellent source of Vitamin C and one of the most popular fruits around the world.



Milk is offered with every meal. Milk choices are 1% and skim milk. Breakfast items on menu also include juice and milk. Fresh fruit is offered often. A breakfast option of cereal, toast, juice and milk is offered daily. Breakfast cereals contain 1/2 Tbsp. of sugar or less.



MyPlate

Servings of legumes, dark green vegetables and red or orange vegetables are available for all students weekly. All lunches include an entrée, a whole grain item, two servings of vegetables, one serving of fruit and low fat or skim milk.

Students may select all five components or at least three components including a serving of vegetable or fruit. Meals are priced as a unit; however, each item is available a la carte.

These guidelines are represented by "My Plate" from "Choose My Plate.gov".

Family Physical Activity and Health Challenges

Grades	Physical Activity Challenges	Health Topics	Family Challenges
K-1st	Jump Rope Challenges: *Single bounce forward *Jump 5, 10, and 25 times without missing *Single bounce backwards *Make up a trick.	What is the difference between bones and muscles? How do muscles and bones work together? Identify your patella, humerus, skull, femur and ribs	Take turns jumping rope for 15-30 minutes. See who can jump the longest or the fastest. Ask an older family member to teach you a jump rope rhyme.