





To make a lunch, choose at least one







Friday, December I

#### **Breakfast**

BeneFit Breakfast Bars Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Cheese or Pepperoni Pizza Fresh Seasonal Fruit Black Beans Baby Carrots Choice of 1% White or Nonfat Chocolate Milk Rice Krispie Treat w/Meal

# AUSTUDENTS LATALIM

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PARADISE UNIFIED SCHOOL DISTRICT FOOD SERVICES

#### Monday, December 4

#### Breakfast

BeneFit Breakfast Bar, Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### <u>Lunch</u>

Beef Burgers Fresh Apples Sugar Peas Garbanzo Beans Choice of 1% White or Nonfat Chocolate Milk

#### Tuesday, December 5

#### **Breakfast**

Muffins
Fresh Fruit, Raisins & Choice
of I% White or Nonfat
Chocolate Milk

#### <u>Lunch</u>

Pasta & Meat Sauce with Roll Fresh Seasonal Fruit Grape Tomatoes Broccoli & Ranch Choice of 1% White or Nonfat Chocolate Milk

#### Wednesday, December 6

#### **Breakfast**

Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Peanut Butter & Jelly
Uncrustable
Fresh Pears
Baby Carrots
Tossed Salad & Ranch
Choice of 1% White or Nonfat
Chocolate Milk

#### Thursday, December 7

#### **Breakfast**

Cinnamon Rolls Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Bosco Cheese Sticks &
Marinara Sauce
Orange Slices
Cauliflower & Broccoli
Florets
Choice of 1% White or
Nonfat Chocolate Milk

## Friday, December 8

#### **Breakfast**

BeneFit Breakfast Bars Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### **Lunch**

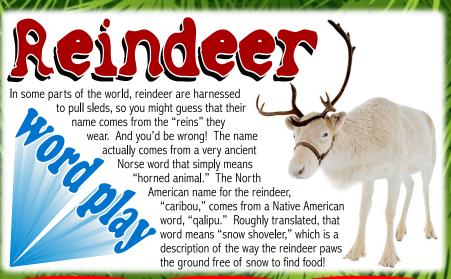
Cheese or Pepperoni Pizza
Fresh Seasonal Fruit
Black Beans
Baby Carrots
Choice of 1% White or
Nonfat Chocolate Milk
Rice Krispie Treat w/Meal

# HAPPIER HOLIDAYS

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

feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.

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



#### Monday, December II

#### **Breakfast**

BeneFit Breakfast Bar, Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

**Beef Burgers** Fresh Apples Sugar Peas Garbanzo Beans Choice of 1% White or Nonfat Chocolate Milk

#### Tuesday, December 12

#### **Breakfast**

Muffins Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Pasta & Meat Sauce with Roll Fresh Seasonal Fruit **Grape Tomatoes** Broccoli & Ranch Choice of 1% White or Nonfat Chocolate Milk

#### Wednesday, December 13

#### **Breakfast**

Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Peanut Butter & Jelly Uncrustable Fresh Pears **Baby Carrots** Tossed Salad & Ranch Choice of 1% White or Nonfat Chocolate Milk

#### Thursday, December 14

#### **Breakfast**

Cinnamon Rolls Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Bosco Cheese Sticks & Marinara Sauce **Orange Slices** Cauliflower & Broccoli Florets Choice of 1% White or Nonfat Chocolate Milk

#### Friday, December 15

Month

kind·ness

benevolence 2. consider-

ation for the feelings and

well-being of people other

than oneself **3.** sympathy;

noun 1. goodness;

gentle helpfulness

#### **Breakfast**

BeneFit Breakfast Bars Fresh Fruit. Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Cheese or Pepperoni Pizza Fresh Seasonal Fruit Black Beans **Baby Carrots** Choice of 1% White or Nonfat Chocolate Milk Rice Krispie Treat w/Meal

# ALF FRUITS AND VEGET POLA DAIRY

### **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.htm

#### Monday, December 18

#### **Breakfast**

BeneFit Breakfast Bar, Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

**Beef Burgers** Fresh Apples Sugar Peas Garbanzo Beans Choice of 1% White or Nonfat Chocolate Milk

#### Tuesday, December 19

#### **Breakfast**

Muffins Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Pasta & Meat Sauce with Roll Fresh Seasonal Fruit **Grape Tomatoes** Broccoli & Ranch Choice of 1% White or Nonfat Chocolate Milk

#### Wednesday, December 20

#### **Breakfast**

Yogurt & Cereal Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Peanut Butter & Jelly Uncrustable Fresh Pears **Baby Carrots** Tossed Salad & Ranch Choice of 1% White or Nonfat Chocolate Milk

#### Thursday, December 21

#### **Breakfast**

Cinnamon Rolls Fresh Fruit, Raisins & Choice of 1% White or Nonfat Chocolate Milk

#### Lunch

Bosco Cheese Sticks & Marinara Sauce **Orange Slices** Cauliflower & Broccoli **Florets** Choice of 1% White or Nonfat Chocolate Milk

#### Friday, December 22

No school

