

STRAFFORD
ELEMENTARY
SCHOOL

MENUS FOR
DECEMBER
2017

USDA is an equal
opportunity provider
and employer.



Thursday, November 30

American Chop Suey
Garlic Bread
Green Beans
Carrot Sticks
Fresh Garden Salad
Canned Mixed Fruit
Choice of Milk

Friday, December 1

Cheese Pizza
Fresh Garden Salad
Pasta Salad
Celery Sticks
Fresh Apple
Cookie
Choice of Milk

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 4

Pancakes or Waffles
Fresh Garden Salad
Sausage & Ham
Trail Mix
Pudding Cup
Celery Sticks
Blueberries
Choice of Milk

Tuesday, December 5

Hard or Soft Shell
Chicken or Beef Taco
Lettuce/Tomatoes/Salsa
Shredded Taco Cheese
Fresh Garden Salad
Canned Mixed Fruit
Choice of Milk

Wed., December 6

Chicken Nuggets
Rice & Corn
Fresh Garden Salad
Baked Beans
Fresh Green Beans
Applesauce Cup
Choice of Milk

Thursday, December 7

Chicken Parm.
Green Beans
Garlic Bread
Fresh Garden Salad
Celery Sticks
Choice of Milk

Friday, December 8

Pepperoni or Cheese
Pizza
Fresh Garden Salad
Butter Pasta
Celery Sticks
Fresh Apple
White Cake
Choice of Milk

Monday, December 11



**No School
Today!**

Tuesday, December 12

Hard or Soft Shell
Chicken or Beef Taco
Lettuce/Tomatoes/Salsa
Shredded Taco Cheese
Fresh Garden Salad
Canned Mixed Fruit
Choice of Milk

Wed., December 13

Chicken Nuggets
Rice & Corn
Fresh Garden Salad
Baked Beans
Celery Sticks
Applesauce Cup
Choice of Milk

Thursday, December 14

Hamburger or
Cheeseburger
Fresh Garden Salad
Pickles
Sliced Onions
Carrot Sticks
Goldfish Crackers
Choice of Milk

Friday, December 15

Bagel, French Bread or
Cheese Pizza
Fresh Garden Salad
Pasta Salad
Celery Sticks
Fresh Apple
Pretzel Sticks
Choice of Milk

*Available Daily
For Breakfast*

Each day at breakfast we offer
a variety of muffins, cinnamon
rolls, breakfast pizza, bagels, or
an egg sandwich. All items are
whole grain and are served with
a fruit, yogurt and milk.
Breakfast cost \$1.25 Students
can get breakfast when they
arrive at the school in the café.



What's on **YOUR** plate?

Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

↪ **Start here!**



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



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

STRANGE BUT TRUE!

KALETES) TEAMS UP THE SUPERIOR NUTRITION OF KALE WITH THE EXCELLENT FIBER OF BRUSSEL SPROUTS. AND THEY'RE **GREAT** ROASTED WITH A LITTLE OLIVE OIL!

Our best wishes for a safe and happy Holiday season for our students and staff, our families, our community, and our nation.



Strafford School Food Service

Monday, December 18	Tuesday, December 19	Wed., December 20	Thursday, December 21	Friday, December 22
Sloppy Joe Fresh Garden Salad Shred Cheese Celery Sticks Strawberries Fresh Apple Choice of Milk	Hard or Soft Shell Chicken or Beef Taco Lettuce/Tomatoes/Salsa Shredded Taco Cheese Fresh Garden Salad Canned Mixed Fruit Choice of Milk	Chicken Nuggets Rice & Corn Fresh Garden Salad Baked Beans Celery Sticks Applesauce Cup Choice of Milk	Macaroni & Cheese Sliced Bread Canned Green Beans Celery Sticks Carrot Sticks Canned Pears Fresh Garden Salad Choice of Milk	Pepperoni or Cheese Pizza Fresh Garden Salad Tuna Pasta Celery Sticks Fresh Apple Rice Crispy Treat Choice of Milk

BREAKFAST@SCHOOL helps keep kids healthy and gives them the energy they need to learn.



ENJOY YOUR BREAK!
Last day of school:
Fri., Dec. 22

Classes resume:
Wed., Jan 3