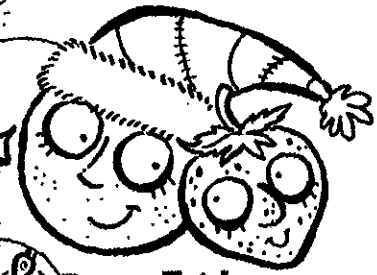


December

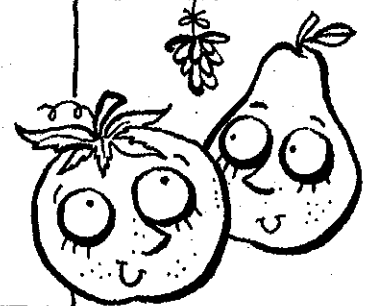
square meals



Have **FUN**
and
color me!
and
Eat School meals!
Monday

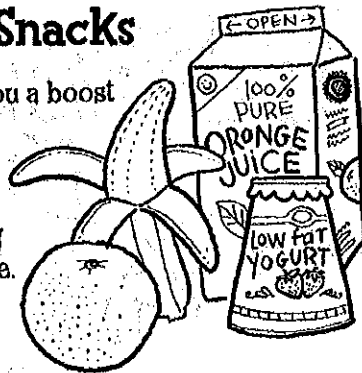
Tuesday Wednesday Thursday Friday

	1	2	3	4
			Pizza Dippers Choice of Vegetables Choice of Fruit Milk	Mystery Lunch
7	8	9	10	11
Chicken Nuggets Choice of Vegetables Choice of Fruit Milk	Turkey Deli Choice of Vegetables Choice of Fruit Milk	Corn Dogs Choice of Vegetables Choice of Fruit Milk	Pizza Choice of Vegetables Choice of Fruit Milk	Mystery Lunch
14	15	16	17	18
Hamburger/Bun Choice of Vegetables Choice of Fruit Milk	Tacos Choice of Vegetables Choice of Fruit Milk	Chicken Patty Choice of Vegetables Choice of Fruit Milk	Chicken ala King Choice of Vegetables Choice of Fruit Milk	Mystery Lunch
21	22	23	24	25
Lunch Brunch Choice of Vegetables Choice of Fruit Milk	Mystery Lunch	Off	Off	Christmas
28	29	30	31	
Off	Off	Off	Off	



Say Yes to Healthy Snacks

Healthy after-school snacks give you a boost to get through the afternoon until dinnertime. Check what your cafeteria offers through its After School Snack Program or try one of these healthy snacks at home.



- * A cup of low-fat yogurt, and a small banana
- * A handful of pretzels, some string cheese and grapes
- * Half of a whole-wheat bagel with low-fat cream cheese
- * Raw carrots and celery and low-fat yogurt dip
- * Peanut butter on apple slices

Give Yourself a Hand

It's winter, the season for icy winds, holidays – and catching colds. That's why December 6-12 is National Hand Washing Week. Cold viruses can be literally caught by the hands, and you'll end up sneezing or coughing! To keep you and everyone around you healthy, follow these six easy hand-washing steps:

- * Always use soap and warm running water.
- * Rub your hands together energetically.
- * Wash all hand surfaces, including the backs of hands, between fingers and underneath fingernails.
- * Rinse off soap using warm running water.
- * Dry hands with a paper towel.
- * Turn off the faucet with the used paper towel.
- * Remember to wash your hands when they are dirty, before preparing food, before you eat, after cleaning up messes and after a trip to the bathroom. Keep them clean!

Check Out the CAFETERIA BUZZ



Lunch Prices: PK-6 \$1.90 & Grades 7-8 \$2.00. Milk .40¢.
Alacarte food price varies. Café phone number is 453.6850.

Our staff would like to wish all of you a blessed Christmas and Happy New Year. Thank you for your support.

Joshua
Milena

Renee
Marian

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.
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...School Lunch Buddies... Crunch & Munch

Healthy Foods are Friends for Life

Hey, Munch,
What do you call candy
that was stolen?

I don't
know.

Hot chocolate!



Ha! I love hot chocolate, especially on a cold winter afternoon. Me, too. And hot chocolate made with low-fat or skim milk and real cocoa has lots of calcium for your bones.

Just skip the whipped cream to keep it healthy.

That's right. I'm trying to fill up on healthy food first so I'll eat fewer sweets. I also ride my bike, skate or dance at least 30 minutes a day.

Maybe you can guess the answer to my next riddle: What do elves use to make sandwiches?

I don't know.

Shortbread!

