

Breakfast December 2017

Top Spanish Catering, INC

Food Bytes

Dietary Guidelines

Did you know the Dietary Guidelines for Americans are published every 5 years by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture? Key elements of the current version of the Dietary Guidelines are:

- 1. Follow a healthy eating pattern.** All food and beverage choices matter. Opt for a eating pattern at a calorie level to help you achieve and maintain a healthy body weight, get the nutrients you need, and reduce your risk for obesity, heart disease, diabetes and cancer.
- 2. Focus on variety, nutrient density, and amount.** To meet nutrient needs within calorie limits, eat a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3. Limit calories from added sugars and saturated fats.** Reduce sodium (salt).
- 4. Shift to healthier food and beverage choices.** Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices.
- 5. Support healthy eating patterns for all.** Everyone has a role in helping to create and support healthy eating patterns from home to school to work to communities.

Nutrilink:

<http://health.gov/dietaryguidelines>

Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	Friday, December 1
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat Bagels Cream Cheese Fresh Fruit	Hard Boiled Eggs Home Potatoes with Onions Fresh Fruit	Whole Grain Corn Apple Muffins Fresh Fruit	Whole Wheat French Toast Breakfast Sausage Fresh Fruit
Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
Assorted Whole Grain Cereal Fresh Fruit	Whole Grain Waffle Syrup Fresh Fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Whole Grain English Muffin with Turkey Ham and Cheese Fresh Fruit	Whole Wheat French Toast Syrup Breakfast Sausage Fresh Fruit
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
Assorted Whole Grain Cereal Fresh Fruit	Whole Grain Pancake Scrambled Egg Fresh Fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Whole Grain Waffle Turkey Bacon Fresh Fruit	Whole Grain Bagels Cream Cheese Fresh Fruit
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
Assorted Whole Grain Cereal Fresh Fruit	Whole Wheat French Toast Breakfast Sausage Fresh Fruit	Whole Grain Corn Apple Muffin Fresh Fruit	Hard Boiled Eggs Home Potatoes with Onions Fresh Fruit	Whole Grain Waffle Syrup Fresh Fruit
Monday, December 25	Tuesday, December 26	Wednesday, December 27	Thursday, December 28	Friday, December 29
NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Winter Break

December

- Pear Month
- Tropical Fruits Month

Source: www.fns.usda.gov

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK
*** MENU SUBJECT TO CHANGE.

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Lunch December 2017

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Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	Friday, December 1
Chicken Patty Loaf Whole Grain Bun Mashed Potatoes Gravy Fresh Fruit	Spanish Rice with Chicken Mixed Vegetables Fresh Fruit	Chicken Patty on Whole Grain Bun Sweet Potatoes Fresh Fruit	Macaroni and Cheese Broccoli Fresh Fruit	Turkey Breast Sandwich Animal Graham Cookie Bean Salad Fresh Fruit
Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
Chicken Drumstick Wholegrain Bun Carrots Fresh Fruit	Chicken Salisbury Marinara Sauce Brown Rice Corn Fresh Fruit	Turkey Pepperoni Pizza Mixed Green Salad Fresh Fruit	Turkey Sausage Jambalaya Garbanzo Beans Fresh Fruit	Tuna Salad Sandwich Cucumber and Onion Salad Fresh Fruit
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
Turkey Hot Dog Baked Beans Fresh Fruit	Chicken Patty Sandwich Carrot Sticks Fresh Fruit	ChickenTaco Taco Shell Mixed Green and Tomato Salad Fresh Fruit	Chicken Teriyaki/ Stir Fry Brown Rice Corn Fresh Fruit	Turkey Bologna Sandwich Beets Fresh Fruit
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
Fish Sandwich Whole Grain Bun Green Beans Fresh Fruit	Spaghetti and Chicken Mixed Green and Tomato Salad Fresh Fruit	Spanish Rice with Chicken Garbanzo Beans Fresh Fruit	Chicken Nuggets Whole Grain Bun Corn Fresh Fruit	Turkey Ham and Cheese Sandwich Coleslaw Fresh Fruit
Monday, December 25	Tuesday, December 26	Wednesday, December 27	Thursday, December 28	Friday, December 29
NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Winter Break	NO SCHOOL Winter Break

December

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Vegetarian Lunch December 2017

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Food Bytes

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Monday, November 27	Tuesday, November 28	Wednesday, November 29	Thursday, November 30	Friday, December 1
Vegetarian Patty Whole Grain Bun Mashed Potatoes Gravy Fresh Fruit	Spanish Rice with Vegetables and Vegetarian Meat Mixed Vegetables Fresh Fruit	Garden Patty Whole Grain Bun Sweet Potatoes Fresh Fruit	Macaroni and Cheese Broccoli Fresh Fruit	Vegetable Sandwich Graham Animal Cookies Bean Salad Fresh Fruit
Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
Veggie Chick'n Nuggets Whole Grain Bun Carrots Fresh Fruit	Vegetarian Patty Marinara Sauce Brown Rice Corn Fresh Fruit	Vegetarian Cheese and Vegetables Pizza Mixed Green Salad Fresh Fruit	Vegetarian Meat and Vegetable Jambalaya Baked Beans Fresh Fruit	Garden Patty Sandwich Cucumber and Onion Salad Fresh Fruit
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
Whole Grain Rice with Beans Baked Beans Fresh Fruit	Vegetarian Patty Sandwich Carrots Fresh Fruit	Tofu and Vegetable Taco Taco Shell Fresh Fruit	Vegetable Stir-Fry Brown Rice Corn Fresh Fruit	Vegetable Sandwich Creamy Coleslaw Fresh Fruit
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
Vegetarian Patty Sandwich Carrots Fresh Fruit	Macaroni and Cheese Mixed Green and Tomato Salad Fresh Fruit	Spanish Rice with Vegetables and Vegetarian Meat Baked Beans Fresh Fruit	Veggie Chick'n Nuggets Whole Grain Bun Corn Fresh Fruit	Vegetable Sandwich Coleslaw Fresh Fruit
Monday, December 25	Tuesday, December 26	Wednesday, December 27	Thursday, December 28	Friday, December 29
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Snack December 2017

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Blueberry Muffins Milk	1/2 Turkey Sandwich Water Provided by the school	Fat Free Yogurt Fresh Fruit	Mini Croissant Fruit Jelly Milk	Sun Chips Milk
Monday, December 4	Tuesday, December 5	Wednesday, December 6	Thursday, December 7	Friday, December 8
Mini Croissants Fruit Jelly Milk	Cheese String Fresh Fruit	Graham Crackers Milk	Sun Chips 100% Fruit Juice	Pretzel Milk
Monday, December 11	Tuesday, December 12	Wednesday, December 13	Thursday, December 14	Friday, December 15
Corn Muffin Milk	1/2 Turkey Sandwich Water Provided by the School	Graham Crackers Milk	Carrot and Celery Sticks 100% Fruit Juice	Fat Free Yogurt Fresh Fruit
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22
Sun Chips Milk	Pretzel 100% Fruit Juice	Mini Croissant Jelly Milk	Cheese String Fresh Fruit	Blueberry Muffin Milk
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