

FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

$49 = 0.25$



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



Have a
bright &
happy
holiday
season!

Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

- brownie butter chocolate danish fudge
- gravy ice cream margarine
- mayonnaise pie sugar cookie syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

Monday, December 12

- Breakfast**
Breakfast Burrito
- Lunch**
-Sausage Pizza
-Mini Corn Dogs
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Baked Beans
Chilled Pears
Cold Milk

Tuesday, December 13

- Breakfast**
Mini Cinnamon Rolls
- Lunch**
-Popcorn Chicken Bowl & Roll
-BBQ Pork Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Chilled Applesauce Cup
Cold Milk

Wednesday, December 14

- Breakfast**
Pancake & Sausage on a Stick
- Lunch**
-Toasted Ravioli & Bosco Stick
-Hot Ham & Cheese Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Green Beans
Craisins
Cold Milk

Thursday, December 15

- Breakfast**
Banana Bread
- Lunch**
-Bacon Cheeseburger
-Breaded Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Candied Sweet Potatoes
Fresh Apple
Cold Milk

Friday, December 16

- Breakfast**
Mini Waffles & Syrup
- Holiday Meal**
-Chicken Penne Pasta & Bosco Stick
-Meatloaf & Roll
-Chef Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Peaches
Holiday Cookie
Cold Milk



Time to turn the page!

Winter Holiday begins
at the end of classes
Friday, December 16

Classes resume:
Tuesday, January 3

We look forward to serving you in 2023!