

Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North American name for the reindeer, "caribou," comes from a Native American word, "qalipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food!



Word play

Monday, December 11

Breakfast

Breakfast Bagel

Lunch

-Cheese Pizza
-Mini Corn Dogs
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Baked Beans
Chilled Pears
Cold Milk

Tuesday, December 12

Breakfast

Yogurt Cup & Oatmeal Bar

Lunch

-Orange Chicken & Fried Rice
-Hamburger
-Caesar Salad & Bosco Stick
-Deli Sandwich
Green Beans
Chilled Pineapple
Fortune Cookie
Cold Milk

Wednesday, December 13

Breakfast

Pancake & Sausage Stick

Lunch

-Baked Potato w/Cheese, Margarine & Bosco Stick
-Hot Ham & Cheese Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Seasoned Carrots
Applesauce
Cold Milk

Thursday, December 14

Breakfast

Blueberry Muffins

Lunch

-Bacon Cheeseburger
-Hot & Spicy Chicken Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
French Fries
Chilled Apple
Cold Milk

Friday, December 15

Breakfast

Mini Waffles

Holiday Meal

-Cheese Ravioli w/Sauce & Bread Stick
-Hot Dog on Bun
-Chef Salad & Bosco Stick
-Deli Sandwich
Romaine Salad
Chilled Peaches
Holiday Cookie
Cold Milk

Monday, December 18

Breakfast

Breakfast Pizza

Lunch

-Pepperoni Pizza
-Fish Sticks & Cornbread Muffin
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Mixed Fruit
Cold Milk

Tuesday, December 19

Breakfast

Sausage Biscuit

Lunch

-Chicken Strips & Mini Waffles
-Sub Sandwich
-Caesar Salad & Bosco Stick
-Deli Sandwich
Emoji Potatoes
Chilled Applesauce
Cold Milk

Here's wishing you a bright and happy holiday season!



The Food Service Staff



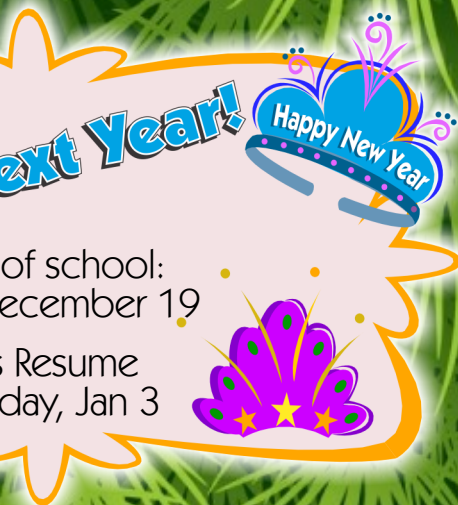
What's on **YOUR** plate?



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.html



Last day of school:
Tuesday, December 19

Classes Resume
Wednesday, Jan 3

