

# Menus for December 2022

WASHINGTON LOCAL SCHOOLS

*This institution is an equal opportunity provider. Menus subject to change*

## this month: asparagus

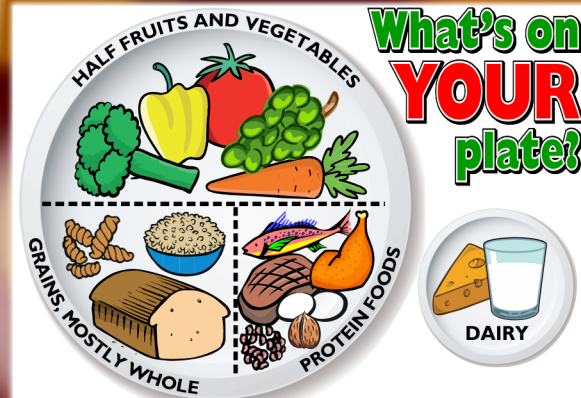


There are some foods that most kids don't like, but most adults do. Why? It's a **mystery!** Take asparagus, for instance. Most kids won't even touch it -- it looks kind of weird, the texture is strange, and the taste is a little bitter. But most adults will agree that asparagus -- grilled, roasted, stir-fried, or steamed crisp -- is one of nature's top treats!

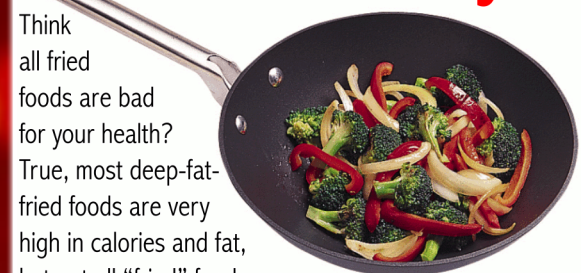


## Holiday Honors

At this Holiday season, we'd like to say thanks to the men and women of the Police Department, Fire Department, and Emergency Medical Services who protect and save our lives every day throughout the year.



## Into the frying pan, out of the fryer!



Think all fried foods are bad for your health? True, most deep-fat-fried foods are very high in calories and fat, but not all "fried" foods are created equal. Stir-frying uses only a little bit of healthful oil, like olive oil, and keeps veggies crispy and tasty and sliced lean meat or chicken flavorful and healthy!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

### Monday, December 5

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Chicken Nuggets  
Dinner Roll  
Carrots  
Asst. Fruit  
Milk

### Tuesday, December 6

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Taco Tuesday  
Refried Beans  
& Cheese  
Asst. Fruit  
Milk

### Wednesday, December 7

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Tony's Pizza  
Tossed Salad  
Asst. Fruit  
Milk

### Thursday, December 8

#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

Cheeseburger  
French Fries  
Asst. Fruit  
Milk

### Friday, December 9

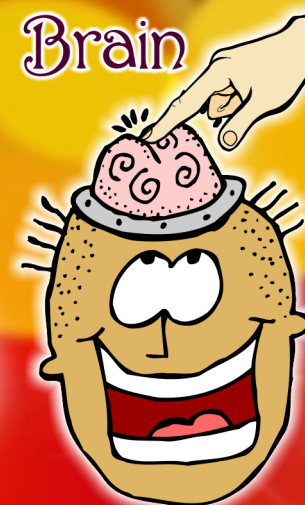
#### **Breakfast**

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk

#### **Lunch**

J Cup Pizza  
Broccoli & Dip  
Asst. Fruit  
Milk

## Brain Ticklers



What do you call someone who's afraid of jolly, bearded fat men in red suits?

(Hold the page upside down and read it in a mirror for the answer!)

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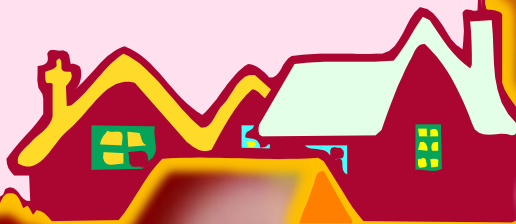
# FUZZY MATH.

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.

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

We wish you & your family a warm & happy holiday season!

From Your Nutrition Services Staff!



Happy Holidays!



Beware of Mistletoe!

# 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

## Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk  
**Lunch**  
Chicken Tenders  
Broccoli & Cheese  
Asst. Fruit  
Milk  
Animal Crackers

Tuesday, December

## Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk  
**Lunch**  
Hot dog  
Baked Beans  
Asst. Fruit  
Milk

Wednesday,

## Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk  
**Lunch**  
Grilled Cheese  
Chips  
Green Beans  
Asst. Fruit  
Milk

Thursday, December

## Breakfast

Grab & Go  
**Christmas Dinner**  
Turkey & Gravy  
Mashed Potatoes  
Dressing  
Sweet Corn  
Dinner roll  
Asst. Fruit  
Milk  
Sweet Treat

Friday, December 16

## Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk  
**Lunch**  
J Cup Pizza  
Carrots & Dip  
Asst. Fruit  
Milk

Monday, December

## Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk  
**Lunch**  
Chicken Drumstick  
Dinner Roll  
Sweet Potato Fries  
Asst. Fruit  
Milk

Tuesday, December

## Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk  
**Lunch**  
Nachos  
Refried Beans & cheese  
Asst. Fruit  
Milk

Wednesday,

## Breakfast

Grab & Go  
Asst. Fruit &/or  
Juice  
Milk  
**Lunch**  
J Cup Pizza  
Or  
Grab & Go Bags  
Veggies & dip  
Fruit & Milk



Time to turn the page!

Winter Holiday begins  
at the end of classes  
**Wed., Dec. 21st**

Classes resume:  
**Thurs., Jan 5th**

We look forward to serving you in 2023!