

December 2019




Food Bytes

Smart Snacks in School

The Healthy, Hunger-Free Kids Act required the U.S. Department of Agriculture to create nutrition standards for all foods sold in school (school meals and all other foods and beverages) to students. The standards allow schools to offer healthier snacks, while limiting junk food. Smart snacks focus on fruit, veggies, whole grains, dairy and protein foods and limit calories, fat, sugar and salt.

Competitive foods are foods sold in competition with the school breakfast or lunch program. If available, students might choose to buy these competitive snack/beverage options instead of a school meal. School meals are a healthy, convenient choice for students. Based on new standards, school meals offer more fruits, veggies, legumes, whole grains and low fat or fat free milk and less sodium and fat in right-size portions for students.

Smart school meals and snacks can help students build healthy habits for a lifetime.

Monday, December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
WG Cereal Nutrigrain Bar 100% Fruit Juice Pears canned	Cream Cheese Mini Bagel 100% Fruit Juice Fresh Fruit	Breakfast Boat 100% Fruit Juice Apricots canned	Chic Breakfast Sandwich 100% Fruit Juice Fresh Fruit	Pancake on stick w/ syrup 100% Fruit Juice Applesauce canned
Monday, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
French Toast Sticks w/syrup 100% Fruit Juice Fruit Cocktail canned	Breakfast Bosco Stick 100% Fruit Juice Fresh Fruit	Frudel 100% Fruit Juice Mandarin Oranges canned	Banana Loaf 100% Fruit Juice Fresh Fruit	Breakfast Pizza 100% Fruit Juice Pears canned
Monday, December 16	Tuesday, December 17	Wednesday, December 18	Thursday, December 19	Friday, December 20
Cinni Minis 100% Fruit Juice Fruit	Scrambled Eggs WG Toast 100% Fruit Juice Fruit	Biscuit & Gravy 100% Fruit Juice Fruit	Sausage Breakfast Sandwich 100% Fruit Juice Fruit	WG Muffin 100% Fruit Juice Fruit
Monday, December 23	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Friday, December 27
Winter Break 		MERRY CHRISTMAS 		
Monday, December 30	Tuesday, December 31			
				1% Low-fat Milk & 1% Chocolate Milk offered with Breakfast and Lunch

Menus are subject to change.

December

- Pear Month
- Handwashing Week (1st week in December)

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This institution is an equal opportunity provider.