

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
Hamburger on a Bun Romaine & Tomato Oven Fries Fresh Fruit	Wranglers Chili Cornbread Muffin Red Bell Pepper Strips Tomato & Corn Salad Pears-canned	Chicken Nuggets Whole Wheat Roll Mashed Potatoes & Gravy Seasoned Broccoli Fresh Fruit	Baked Ham WG Biscuit Apple Glazed Sweet Potatoes Bean Salad Fruit Cup	Macaroni & Cheese Meatballs Sunshine Garden Salad Catalina Vegetables Fresh Fruit
Monday, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
Hot Ham & Cheese on a Bun Monaco Vegetables Broccoli Salad Fresh Fruit	Fish Sticks Calico Beans Cherry Tomatoes Peaches canned	Hard Shell Beef Taco Romaine Chopped Tomatoes Diced Mexican Corn Fresh Fruit	Lasagna Garlic Bread Garden Salad Steamed Cauliflower Tropical Fruit canned	Chicken Patty on bun Au gratin Potatoes Green Beans Fresh Fruit
Monday, December 16	Tuesday, December 17	Wednesday, December 18	Thursday, December 19	Friday, December 20
Bosco Stick California Blend Veggies Cherry Tomatoes Fruit	Nachos Cowboy Corn Salad Red Pepper Strips Fruit	Stromboli Square Tossed Salad Seasoned Peas Fruit	Hotdog on bun Savory Carrots Steamed Corn Fruit	Chic Nuggets Baked Potato Chips Baby Carrots Shape Up Fruit Slush WG Cookie
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.