

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.


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.



K-12 Lunch Menu

December 2016

			Thursday, December 1	Friday, December 2
<p>1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch</p>			<p>Chicken Breakfast Sandwich 100 % Fruit Juice Fruit</p>	<p>Pancake on stick w/syrup 100 % Fruit Juice Fruit</p>
Monday, December 5	Tuesday, December 6	Wednesday, December 7	Thursday, December 8	Friday, December 9
<p>French Toast Sticks w/syrup 100 % Fruit Juice Fruit</p>	<p>Oatmeal Bar Yogurt 100 % Fruit Juice Fruit</p>	<p>WW Bagel 100 % Fruit Juice Fruit</p>	<p>Quick Blueberry Bubble Bread 100 % Fruit Juice Fruit</p>	<p>Breakfast Pizza 100 % Fruit Juice Fruit</p>
Monday, December 12	Tuesday, December 13	Wednesday, December 14	Thursday, December 15	Friday, December 16
<p>WG Cereal String Cheese 100 % Fruit Juice Fruit</p>	<p>Pancake on stick w/syrup 100 % Fruit Juice Fruit</p>	<p>Biscuit & Gravy 100 % Fruit Juice Fruit</p>	<p>Sausage Breakfast Sandwich 100 % Fruit Juice Fruit</p>	<p>WG Muffin 100 % Fruit Juice Fruit</p>
Monday, December 19	Tuesday, December 20	Wednesday, December 21	Thursday, December 22	Friday, December 23
<p>Waffles w/syrup 100 % Fruit Juice Fruit</p>	<p>WG Donut 100 % Fruit Juice Fruit</p>	<p>Winter Break </p>		
Monday, December 26	Tuesday, December 27	Wednesday, December 28	Thursday, December 29	Friday, December 30

December

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

Menus are subject to change.

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