



Altha High School

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

DON'T 4GET!
Take at least
ONE
FRUIT or
VEGGIE
and at least
THREE items total
so your meal
counts as a
complete lunch!

Monday, December 7

Breakfast

Breakfast Pizza
Potato Tots
Assorted Juice
Fruit

Lunch

BBQ Chicken Sandwich on WG Bun
Buffalo Chicken Wrap
Chef Salad w/ WG Bread Stick

Sides

Steamed Broccoli
Baked Potato Wedges
Fruit

Tuesday, December 8

Breakfast

Egg and Cheese w/WG Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Chicken Taco w/ Cheese, WG Shell and Salsa
Turkey and Cheese Wrap
Chicken Salad w/ Fruit w/ WG Bread Stick

Sides

Lettuce / Tomato
Black Beans Salsa
Fruit

Wednesday, December 9

Breakfast

Grits w/ Ham Cubes
Sweet Potato Muffin
Assorted Juice
Fruit

Lunch

Meatball Sub
HM Pepperoni Pizza
Chef Salas w/ WG Bread Stick

Sides

Baked French Fries
W/K Corn
Fruit

Thursday, December 10

Breakfast

Waffle w/ Syrup
Turkey Sausage
Assorted Juice
Fruit

Lunch

Vegetable Beef Soup w/ Grilled Cheese Sandwich
HM Pepperoni Pizza
Chef Salad w/ WG Bread Stick

Sides

Baked French Fries
Carrot Sticks w/ Ranch
Fruit

Friday, December 11

Breakfast

Sausage Biscuit
Potato Rounds
Assorted Juice
Fruit

Lunch

Hamburger on WG Bun
HM Cheese Pizza
Taco Salad w/ WG Chips

Sides

Baked Potato Wedges
Sliced Tomatoes/ Lettuce
Fresh Fruit

NUTRITION TO GO

Look for ways to get vegetable and fruit servings into your diet so that you can more easily reach 5-9 servings a day. When you add romaine lettuce and a slice or two of tomato to a burger or a sandwich, you're suddenly getting a couple of servings of veggies in your meal! Want more? Go for broccoli or salad instead of french fries.

A TASTY MORSEL FOR PARENTS

OUT COLD.

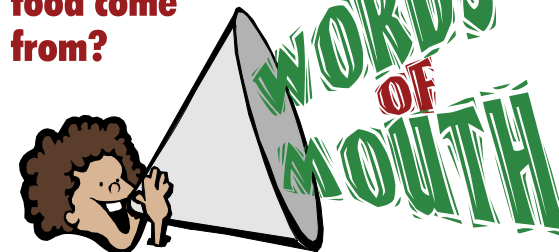
Not only do kids eat more in the winter, they also tend to exercise less.

Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Where do all of our crazy names for food come from?



This month: "Caesar Salad"

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.

Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special!

Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!

