





REALLY Hot Chocolate!

The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as around corn and various spices!

Monday, December 14

Breakfast

Egg and Cheese Biscuit Potato Rounds Assorted luice Fruit

Lunch

Chicken Nuggets w/ WG Roll Cheese Burger on WG Bun Caesar Chicken Salad w/ WG Bread Stick

Sides

Mashed Potatoes W/K Corn Fruit

Tuesday, December 15

Breakfast

Scrambled Eggs and Grits **Buttered Toast** Assorted Juice Fruit

Lunch

Spaghetti w/ Meat Sauce Chicken Burger on WG Bun Chef Salad w/ Bread Stick

Sides

Caesar Salad Carrot Sticks w/ Ranch Fruit

Wednesday, December 16

Breakfast

Ham Biscuit Potato Rounds Assorted Juice Fruit

Lunch

Hamburger w/ WG Bun Turkey and Cheese Wrap Taco Salad w/ WG Chips

Sides

Baked Beans Steamed Broccoli Fruit

Thursday, December 17

Breakfast

Pancakes w/Syrup Turkey Sausage Assorted Juice Fruit

Lunch

Sliced Ham w/ Mac and Cheese Buffalo Chicken Wrap Chef Salad w/ WG Bread Stick

Sides

Green Beans Sweet Potatoes Fruit

Friday, December 18

Breakfast

Assorted Cereal Buttered Toast w/ Jelly Assorted Juice Fruit

Lunch

Corn Dog Cheese Burger

Sides

Baked Potato Wedges Carrot Sticks Fresh Fruit

HAPPY 2016.

Last day of school: Friday, December 18

Classes resume: Wednesday, January 6

SEE YOU NEXT YEAR,

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html