



## FSD5 Johnsonville Elementary and PDCAP Headstart

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

### Monday, December 1

#### Breakfast

Breakfast Pizza  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
Or  
Cheeseburger  
Sweet Potato Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

### Tuesday, December 2

#### Breakfast

Mini Pancakes  
Fruit, Juice, & Milk Choice

#### Lunch

Southwest Salad w/ Chicken  
Or  
Walking Taco  
Black Beans  
Salad w/ Ranch  
Fruit & Milk Choice

### Wednesday, December 3

#### Breakfast

French Toast Sticks  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
Or  
Steak & Gravy  
Mashed Potatoes  
Broccoli w/ Cheese  
Roll  
Fruit & Milk Choice

### Thursday, December 4

#### Breakfast

Eggs & Grits or Cereal  
Fruit, Juice, & Milk Choice

#### Lunch

Southwest Salad w/ Chicken  
Or  
Chicken Noodle Soup,  
Grilled Cheese  
Celery Sticks  
Fruit & Milk Choice

### Friday, December 5

#### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
Or  
Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

### Monday, December 8

#### Breakfast

Mini Waffles  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
Or  
Chicken Sandwich  
French Fries, Lettuce and  
Tomato  
Fruit & Milk Choice

### Tuesday, December 9

#### Breakfast

Sausage Biscuit  
Fruit, Juice, & Milk Choice

#### Lunch

Southwest Salad w/ Chicken  
Or  
Mexican Pizza  
Pinto Beans  
Salad w/ Ranch  
Fruit & Milk Choice

### Wednesday, December 10

#### Breakfast

Pancake Pup  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
Or  
Spaghetti w/ Meat Sauce  
Green Beans  
Carrots w/ Ranch  
Breadsticks  
Fruit & Milk Choice

### Thursday, December 11

#### Breakfast

Biscuits and Gravy or Cereal  
Fruit, Juice, & Milk Choice

#### Lunch

Southwest Salad w/ Chicken  
Or  
Fried Chicken  
Mac n Cheese  
Green Beans  
Fruit & Milk Choice

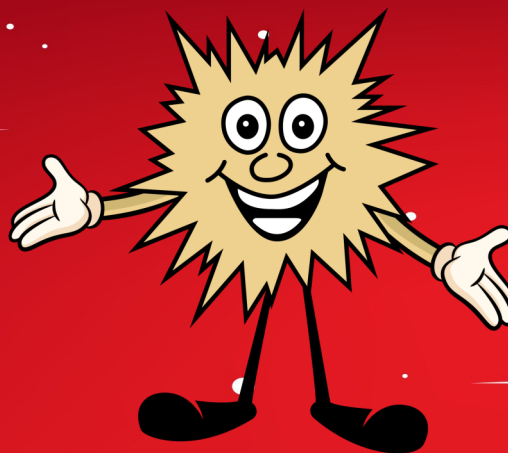
### Friday, December 12

#### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

#### Lunch

Chef Salad w/ Ham  
Or  
Hot Dog, Chili,  
French Fries, Beans  
Fruit & Milk Choice



## 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 ground corn and various spices!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## OUT COLD.

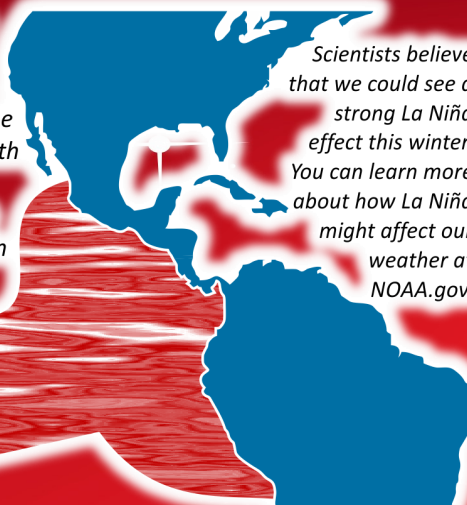
Not only do kids eat more in the winter, they also tend to exercise less. Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**



The climate phenomenon known as “La Niña” occurs in years when Pacific Ocean waters off the coast of Central and South America become cooler than usual. La Niña tends to make the southwestern states drier, the southern U.S. warmer and drier, the northwest and north central states colder and snowier, and the mid-Atlantic and northeast warmer, resulting in more mixed precipitation for those folks.

# La Niña



Scientists believe that we could see a strong La Niña effect this winter. You can learn more about how La Niña might affect our weather at NOAA.gov.



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



WORDS OF MOUTH

## 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!

Monday, December 15

### Breakfast

Breakfast Pizza  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad w/ Ham  
Or  
Cheeseburger  
Sweet Potato Fries  
Lettuce / Tomato / Mayo  
Fruit & Milk Choice

Tuesday, December 16

### Breakfast

Mini Pancakes  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Beef Tacos  
Pinto Beans  
Let/Tom  
Fruit & Milk Choice

Wednesday, December 17

### Breakfast

French Toast Sticks  
Fruit, Juice, & Milk Choice

### Lunch

Turkey Roast  
Mixed Vegetables  
Mashed Potatoes  
Roll  
Fruit & Milk Choice

Thursday, December 18

### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

### Lunch

Turkey & Cheese Wrap  
Potato Chips,  
Lettuce/Tom  
Fruit & Milk Choice

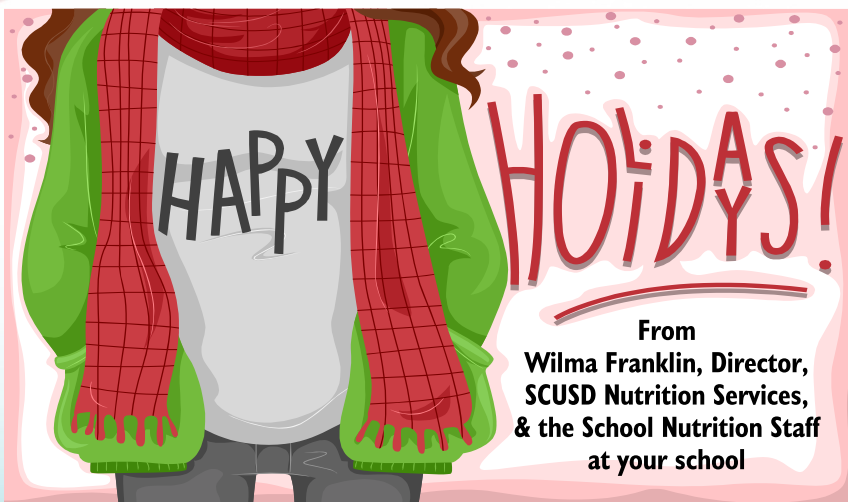
Friday, December 19

### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

### Lunch

Grilled Cheese  
Sun Chips  
Celery Sticks  
Fruit & Milk Choice



From  
Wilma Franklin, Director,  
SCUSD Nutrition Services,  
& the School Nutrition Staff  
at your school



# We'll see you again in 2026!

Winter Holiday begins  
at the end of classes  
Friday, December 19

Classes resume  
Tuesday, January 6