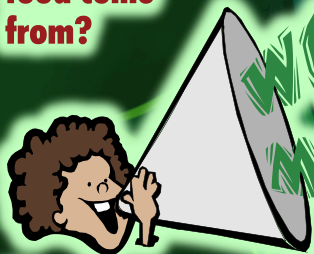


Menus for December 2024

FSD5 Johnsonville Elementary, Johnsonville Middle, PDCAP Headstart

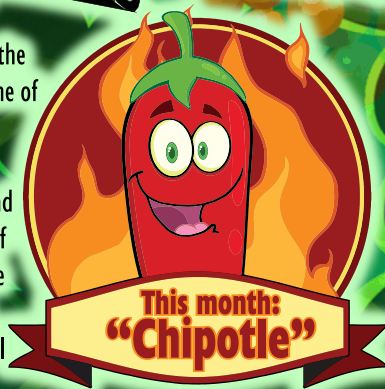
This institution is an equal opportunity provider. Menus are subject to change.

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



WORDS OF MOUTH

Before it was the familiar name of a popular eating establishment, “chipotle” was (and still is) the name of a kind of food. The word is a Spanish version of a Central Mexican Native word, “chilpocli,” which means “smoked chili” -- and that’s exactly what chipotles are. Some of the green jalapeños are left on the vine to turn deep red and become somewhat shriveled, like grapes turning into raisins. These super ripe peppers are then put in a chamber and wood-smoked until nearly all the moisture is gone. Chipotles lend a smoky, medium-spicy flavor to soups, bean dishes, sauces, and rubs.



D.I.Y. VACCINATION.



It’s the do-it-yourself vaccine that can help keep you healthy!

Regular handwashing is a simple, effective way to keep the germs away and keep you on your feet. Plain soap and warm water work just fine!

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

NUTRITION TO GO

Throughout the year (and especially during the holidays) try to make sure your family meals start with high-fiber and low-calorie raw veggies, salad, or broth-based soup. You’ll feel fuller and eat less of the heavier, less healthy stuff for dinner. All of these things take some time to eat, too, giving your stomach time to catch up to your eyes!

A QUICK BITE FOR PARENTS

Monday, December 2

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, December 3

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, December 4

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Beefy Macaroni
Corn
Salad w/ Ranch
Breadstick
Fruit & Milk Choice

Thursday, December 5

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Popcorn Chicken
Veggie Sticks
Green Beans
Roll
Fruit & Milk Choice

Friday, December 6

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 9

Breakfast

Cinnamon Roll
Fruit, Juice, & Milk Choice

Lunch

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

Tuesday, December 10

Breakfast

Sausage Biscuit
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, December 11

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

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

Thursday, December 12

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Teriyaki Chicken w/ Rice
Steam Broccoli
Glazed Carrots
Roll
Fruit & Milk Choice

Friday, December 13

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Fish Sticks w/ Tarter Chips
Lettuce / Tomato / Mayo
Carrots w/ Ranch
Fruit & Milk Choice

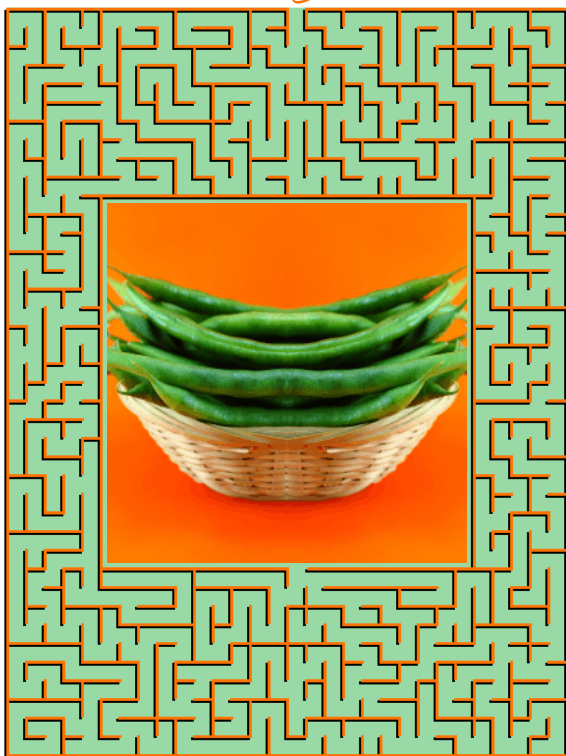


What's on
YOUR
plate?

Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

Start here!



Learn more at www.CHOOSMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Our best wishes for
a safe and happy
Holiday season
for our students
and staff, our
families, our
community,
and our
nation.



From Adam Miller,
Director of Child Nutrition,
& the Child Nutrition Staff at your school

PLANT SCIENTISTS HAVE
COMBINED KALE AND BRUSSEL SPROUTS TO CREATE A
COMPLETELY NEW KIND OF VEGETABLE -- AND YOU
CAN ACTUALLY BUY THESE **CUTE LITTLE GUYS** IN THE
GROCERY STORE! THE NEW **SUPERVEGGIE** (CALLED
STRANGE BUT TRUE! **KALETTES**) TEAMS UP THE
SUPERIOR NUTRITION OF KALE WITH
THE EXCELLENT FIBER OF BRUSSEL
SPROUTS. AND THEY'RE **GREAT**
ROASTED WITH A LITTLE OLIVE OIL!

Monday, December 16

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Pork Chop Sandwich
Let/Tom
French Fries
Fruit & Milk Choice

Tuesday, December 17

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

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

Wednesday, December 18

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham
Or
Grilled Cheese
Beef and Bean Chili
Carrots w/ Ranch
Salad w/ Ranch
Fruit & Milk Choice

Thursday, December 19

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken
Or
Honey Mustard Chicken &
Waffles
Broccoli w/ Cheese
Roll
Fruit & Milk Choice

Friday, December 20

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Uncrustables Sandwich
Carrots w Ranch
Celery Sticks
Sun Chips
Fruit & Milk Choice

SEE YOU IN

**HAPPY
NEW
YEAR!**

2025

Last day
of school:
Friday,
December 20

Classes
resume:
Tuesday,
January 7