

Fannin County Middle School

Menus for

December 2022

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

Available Daily

The new "Rebel Munchbox" is a complete meal which includes a variety of proteins, a serving of whole grain and a serving of fruit or vegetable. Students may add additional fruits, vegetables, & milk to complement the meal.

A choice of milk is available each day. The choices include non-fat unflavored, vanilla, and chocolate and 1% unflavored.

Si es necesario que esta información sea traducida en su idioma, por favor de comunicarse con la escuela de su hijo.

Featured Specials of the Day

Thursday, December 1

Chili w/Saltines, Boom-Boom Chicken Sub, Turkey & Cheese Sandwich, Fresh Veggie Dippers, Celery Sticks, Cheese Cup, Apple Juice, Fresh Seasonal Fruit

Friday, December 2

Cheese Pizza, Cheeseburger, Chicken Tender Salad, Tater Tots, Baby Carrots, Side Salad, Grape Juice, Sliced Pears

Monday, December 5

Beef & Cheese Nachos, Grilled Chicken Sandwich, Ham & Cheese Wrap, Refried Beans, Corn, Lettuce & Diced Tomatoes, Apple Juice, Peach Cup

Tuesday, December 6

Chicken Nuggets w/Waffle, Meatball Sub, Ham & Cheese Sandwich, Creamed Potatoes, Gravy, Broccoli, Fresh Veggie Dippers, Fruit Punch, Blueberries w. Whipped Topping

Wednesday, December 7

Chicken Filet Sandwich, Retro Sausage Pizza, Asian Chicken Salad, Seasoned Potato Wedges, Lettuce & Tomato Tray, Pickles, Baby Carrots, Orange Juice, Banana

Thursday, December 8

Hamburger, Mini Corn Dogs, Rebel All American MunchBox, Baked Sweet Potato, Green Beans, Side Salad, Apple Juice, Fresh Seasonal Fruit

Friday, December 9

Stuffed Crust Pepperoni Pizza, Fish Sticks w/Macaroni & Cheese, Chicken Tender Salad, Corn, Green Beans, Fresh Veggie Dippers, Grape Juice, Sliced Pears

\$512

BY THE NUMBERS
IN MILLIONS, THE WORLDWIDE
GROSS OF 2018'S "THE GRINCH,"
THE MOST OF ANY HOLIDAY MOVIE

FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.



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



LICHEN LIFE



Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!

ANIMAL APPETITES

eatfit

wanna stay fit?

gotta eat right!

item: holiday treats

verdict: let the fat man eat



tip: Unless your holiday plans include flying around the world in one night and loading and off-loading millions of packages, don't overindulge on those tempting concoctions.



*** Exact totals depend on the treat, but trust us, they add up quickly!**



Wishing you and your family a bright and happy Holiday Season!

Martha F. Williams,
Director of School Nutrition & Wellness
& the Child Nutrition Staff at your school

Featured Specials of the Day

Monday, December 12

Chicken Fajita Nachos, Corn dog, Turkey & Cheese Wrap,
Refried Beans, Corn, Lettuce & Diced Tomato,
Apple Juice, Strawberry Cup

Tuesday, December 13

Popcorn Chicken w/Roll, Retro Cheese Pizza,
Turkey & Cheese Sandwich, Creamed Potatoes, Gravy, Broccoli,
Side Salad, Fruit Punch Juice, Fresh Apple Slices

Wednesday, December 14

Cheese Sticks w/ Marinara, Beef Hotdog, Asian Chicken Salad,
Tater Tots, Baked Beans, Fresh Veggie Dippers, Pickles,
Orange Juice, Banana

Thursday, December 15

Cook's Choice

Friday, December 16

Cook's Choice



eatfit

wanna stay fit?
gotta eat right!

item: mayo

verdict:
beware
of the
slather!

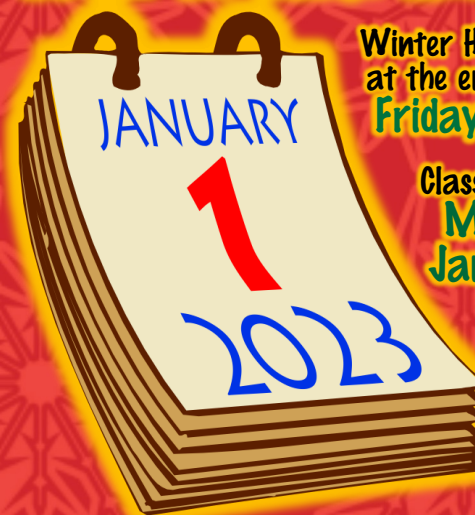


tip: OK, it's full of calories and fat, but some of us like mayo on our sandwiches and that's that. If you can do mustard instead, great, but if you have to have it, the secret with mayo is a light touch: DAB, don't SLATHER!



Based on a 2 table-spoons of regular mayonnaise

Time to turn the page!



Winter Holiday begins
at the end of classes
Friday, Dec. 16

Classes resume:
**Monday,
January 2**

We look
forward to
serving you
in 2023!

EMERGENCY MAKE UP DAYS