

Menus for December 2024

FSD5 Johnsonville High School

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

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.



Monday, December 2

Breakfast

Blueberry Muffin
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Baked Spaghetti or Chicken Filet Sandwich
Lettuce / Tomato / Mayo
Corn, Garlic Breadstick
Fruit & Milk Choice

Tuesday, December 3

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Beef Tacos or Chicken Salad Croissant
Broccoli, 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 Uncrustable or Beef Stroganoff or BBQ Pork
Corn, Cole Slaw
Salad w/ Ranch Roll
Fruit & Milk Choice

Thursday, December 5

Breakfast

Breakfast Pizza
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Buffalo Nuggets or BBQ Nuggets
Yams
Green Beans
Roll
Fruit & Milk Choice

Friday, December 6

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Pizza or Corn Dog
French Fries
Beans, Salad w/ Ranch
Fruit & Milk Choice

Monday, December 9

Breakfast

Smoked Sausage Wrap
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Cheeseburger or Fish Sandwich
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 Uncrustable or Walking Taco or Grilled Cheese
Black Beans, Broccoli
Salad w/ Ranch
Fruit & Milk Choice

Wednesday, December 11

Breakfast

Pancake Pup
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Shrimp n Grits or Pork Carnitas and Grits
Mixed Vegetables
Roll
Fruit & Milk Choice

Thursday, December 12

Breakfast

French Toast Sticks
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Garlic Parm Wings or BBQ Pork on Bun
Green Bean, Veggie Sticks, Mac and Cheese,
Roll
Fruit & Milk Choice

Friday, December 13

Breakfast

Cereal Bar or Cereal
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham Or Ham and Cheese Croissant
Sun Chips
Carrots w/ Ranch
Fruit & Milk Choice

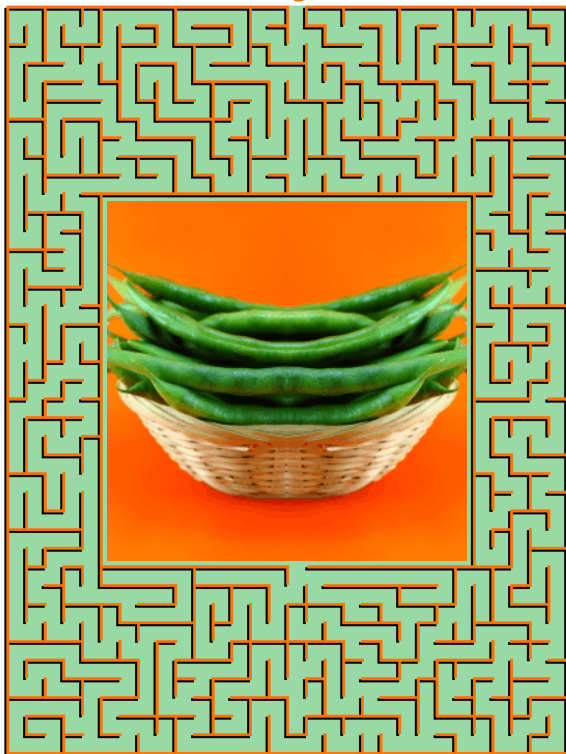


What's on **YOUR** plate?

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.CHOOSEMYPLATE.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!** **KALETES**) 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 Uncrustable or Pork Chop Sandwich or Teriyaki Chicken
Rice, Broccoli w/ Cheese Roll,
Fruit & Milk Choice

Tuesday, December 17

Breakfast

Mini Pancakes
Fruit, Juice, & Milk Choice

Lunch

Southwest Salad w/ Chicken or Uncrustable or Chicken Caesar Wrap or Mexican Pizza
Corn Salad w/ Ranch
Fruit & Milk Choice

Wednesday, December 18

Breakfast

Pop Tart and Yogurt
Fruit, Juice, & Milk Choice

Lunch

Chef Salad w/ Ham or Uncrustable or Beefy Mac Salad w/ Ranch
Carrots w/ Ranch, Roll
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