

# MENUS FOR DECEMBER 2023



Ganado Unified School District # 20

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

## ★ OUR NATION'S HISTORY ★

**C**ranberries are considered a very American food. Native Americans made cranberry sauce by sweetening the tart berries with maple syrup. When it was discovered that cranberries grew very well in "bogs" of shallow water, cultivation of the fruit spread from New England to Wisconsin to the Pacific Northwest -- and even to Europe! When an American ship loaded with cranberries sank along the Dutch coast, crates of the berries washed ashore and broke up. Some of the berries took root, and cranberries have been cultivated on certain Dutch islands ever since!



★ WITH LIBERTY & JUSTICE FOR ALL ★



Every complete meal we serve comes with your choice of milk!

**DON'T GET!**  
To make a lunch,  
choose at least one



GANADO SCHOOL DISTRICT CHILD NUTRITION SERVICES

### Friday, December 1

**Breakfast**  
Hot or Cold Cereal,  
Wg Toast, Banana  
Choice of Milk

**Lunch**  
Choice of Pizza  
Romaine Salad  
Ranch Dressing  
Celery Sticks  
Fresh Fruit  
Assorted Milk  
HS,MS Alternate Choice



Happy Holidays!  
Beware of Mistletoe!

### Monday, December 4

**Breakfast**  
Breakfast Taco, Salsa,  
Apple Juice,  
Fresh Grapes,  
Choice of Milk

**Lunch**  
Grill Chicken Sand.  
Green Leaf, Tomato  
Coleslaw  
Fresh Fruit  
Choice of Milk  
HS, MS Alternate Choice

### Tuesday, December 5

**Breakfast**  
WG Pancake, Syrup,  
Sausage,  
Cinn. Slice Apples,  
Choice of Milk

**Lunch**  
Pulled BBQ Pork  
French Fries  
Celery Sticks  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

### Wednesday, December 6

**Breakfast**  
Hot or Cold Cereal,  
Graham Crackers,  
Fruit Cocktail,  
Choice of Milk

**Lunch**  
Chicken Bowl  
WG Slice Bread  
Green Peas  
Fruit Mix  
Choice of Milk  
HS,MS Alternate Choice

### Thursday, December 7

**Breakfast**  
Cinnamon Rolls,  
Boiled Egg, Tater Tots,  
Fresh Fruits,  
Choice of Milk

**Lunch**  
Beef Stew  
WG Cornbread  
Steamed Broccoli  
Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

### Friday, December 8

**Breakfast**  
Banana Muffin,  
Assorted Yogurt,  
Banana,  
Choice of Milk

**Lunch**  
Spaghetti w/  
Meat Sauce  
Romaine Salad  
Diced Peaches  
Choice of Milk  
HS,MS Alternate Choice

## HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



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

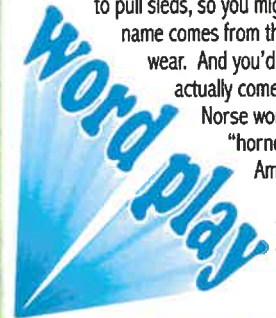
# Available Daily

## Middle & High School:

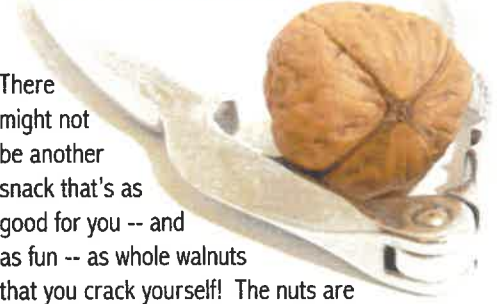
- Monday: Corndogs
  - Tuesday: Bean Burrito
  - Wednesday: Deli Sandwich
  - Thursday: Pepperoni Pizza
  - Friday: Cooks Choice
- Menu are subject to change*

# Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North American name for the reindeer, "caribou," comes from a Native American word, "qalipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food!



## Get crackin'!



There might not be another snack that's as good for you -- and as fun -- as whole walnuts that you crack yourself! The nuts are filling and tasty, and the process of breaking them open involves more effort than mindlessly stuffing yourself with chips. Plus walnuts are loaded with stuff that's good for you -- for instance, walnuts are one of the few non-fish sources of super-healthy omega-3 fatty acids.

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)

### Monday, December 11

- Breakfast**  
Egg & Sausage Sandwich, Asst. Juice, Fresh Fruit  
Choice of Milk
- Lunch**  
Grilled Cheese Sand. Tomato Soup Celery Sticks Fresh Fries Fresh Fruit  
Choice of Milk  
HS,MS Alternate Choice

### Tuesday, December 12

- Breakfast**  
Cream of Wheat, WG Toast, Jelly, Asst. Fresh Banana  
Choice of Milk
- Lunch**  
Hamburger WG Bun Green Leaf, Tomato Slice Potato Wedges Fruit Cups  
Choice of Milk  
HS, MS Alternate Choice

### Wednesday, December 13

- Breakfast**  
Western Omelet Quesadilla, Salsa Fresh Grapes,, Juice  
Choice of Milk
- Lunch**  
Bean Burrito Mexicali Corn Romaine Salad Fresh Fruit Salsa  
Choice of Milk  
HS,MS Alternate Choice

### Thursday, December 14

- Breakfast**  
Breakfast Muffin, Asst. Yogurt, Diced Peaches  
Choice of Milk
- Lunch**  
Greek Chicken Salad w/ Wheat Slice Bread Carrot Sticks Baked Chips Fresh Fruit  
Choice of Milk  
HS, MS Alternate Choice

### Friday, December 15

- Breakfast**  
Baked French Toast, Syrup, Sausage Patty, Applesauce  
Choice of Milk
- Lunch**  
Sloppy Joe French Fries Baby Carrot Baked Beans Fruit Mix  
Choice of Milk  
HS, MS Alternate Choice

### Monday, December 18

- Breakfast**  
WG Breakfast Pizza, Cheese Stick, Fruit Cups,  
Choice of Milk
- Lunch**  
Chicken Nuggets Dinner Roll Mixed Vegetables Carrot Sticks Fresh Fruit  
Choice of Milk  
HS, MS Alternate Choice

### Tuesday, December 19

- Breakfast**  
Hot or Cold Cereal, WG Toast, Jelly, Fresh Banana  
Choice of Milk
- Lunch**  
Roast Beef Mashed Potato W/ Gravy Green Beans Wg Lunch Roll Strawberry Short Cake Fresh Fruit

**KIDS!**  
Please join us for a **HOLIDAY FEAST** **TUESDAY DEC. 19**

**Happy New Year!**

# See You Next Year!

Last day of school: **Tuesday, December 19**

Classes Resume **Wednesday, January 3**

Here's wishing you a bright and happy holiday season!

Mrs. Ben  
Food Service Supervisor  
& all the Child Nutrition Staff at your school