



Menus for December 2011

SAYLES
SCHOOL
860-822-8264

This institution is an equal opportunity pro-

Monday, December 5

Champs Round
Pizza
Teddy Grahams
Mixed Veggies.
Mixed Fruit
Milk

Tuesday, December 6

Turkey Grinder
Veg. Sticks
Applesauce
Choc. Chip Cookie
Milk

Wed., December 7

Hamburger on
Bun
French Fries
Fresh Apple
Rice Krispie Treat
Milk

Thurs., December 8

Bagel w/Ham &
Cheese
Potato Puffs
Mini Muffin
100% Grape Juice
Milk

Friday, December 9

Chicken Teriyaki
Dippers
Rice
Corn
Diced Pears
Milk

Thurs., December 1

Pizza
Pretzels
Green Beans
Mixed Fruit
Milk

Friday, December 2

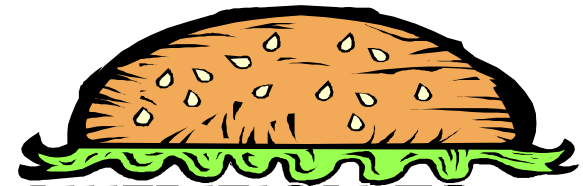
Chicken Patty on
Roll
Lettuce & Tomato
Bag o'chips
Fruit Cup
Milk

EAT WITH YOUR HANDS.

Just how big is a "serving"? It's hard to tell. And that means we sometimes eat WAY more than we think we do. So look at it this way: a cup is about the size of a fist, an ounce of cheese is as big as a thumb, and a 3 ounce serving of meat, fish, or chicken fills up your palm.



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



NUTRITION TO GO

Kids need more calcium than anybody else -- 1300 mg a day. But they typically get far less than that. Indeed, girls 14-18 average only about HALF the calcium they need. A few good sources of calcium are milk, calcium-fortified orange juice, and lowfat yogurt, each of which contain about 300 mg of calcium per cup.

A TASTY MORSEL FOR PARENTS

this month: asparagus


There are some foods that most kids don't like, but most adults do. Why? It's a mystery!

Take asparagus, for instance. Most kids won't even touch it -- it looks kind of weird, the texture is strange, and the taste is a little bitter. But most adults will agree that asparagus -- grilled, roasted, stir-fried, or steamed crisp -- is one of nature's top treats!



OUR NATION'S HISTORY

Seventy years ago this month, on December 7, 1941, more than 2,400 U.S. servicemen were killed in a surprise attack on Pearl Harbor in Hawaii. In a famous speech the next day, President Franklin Delano Roosevelt said that the date of the attack would "live in infamy." Nearly half of those killed were on the U.S.S. Arizona, and the sunken remains of that ship still rest on the harbor floor, below the U.S.S. Arizona Memorial museum and shrine.



WITH LIBERTY & JUSTICE FOR ALL

How Much Snow?

Average annual snowfall for selected U.S. cities

Dallas 27" Seattle 12" Wash., DC 20" Chicago 40" Denver 64" Syracuse 108"

Mon., December 12

Pizza Hot Pocket
Tossed Salad
Applesauce
Oreo Cookie
Milk

Tues., December 13

Macaroni & meat
sauce
Mozzarella Sticks
Green Beans
Fresh Fruit
Milk

Wed., December 14

Pancakes
Sausage Links
Potato Puffs
Fruit Cup
Milk

Thurs., December 15

Hot Dog in Bun
French Fries
Soft Pretzel
Peaches
Milk

Friday, December 16

Filet of Fish
Sandwich
Veg. Sticks
Teddy Grahams
Grapes
Milk

What's on YOUR plate?

Mon., December 19

Beef Ravioli
String Cheese
Carrots
Mixed Fruit
Milk

Tues., December 20

Soft Beef Taco
Lettuce & Cheese
Corn
Salsa/Sour Cream
Applesauce
Milk

Wed., December 21

Salisbury Steak w/
Gravy & Rice
Mixed Veggies.
Dinner Roll
Apple

Thurs., December 22

Chicken Nuggets
Smile Potatoes
Broccoli
Diced Peaches
Milk

Friday, December 23

French Bread
Pizza
Veg. Sticks
Bag o'chips
Fruit Cup
Milk

1:00 Dismissal
HAPPY HOLIDAYS!

Early dismissal today!

Field of Protein!

When we think of protein, we usually think of meat, chicken, or fish. But some whole grains contain protein, too, and one -- quinoa (pronounced "keen-wa") -- is a "complete" protein like meat. Plus it looks very pretty in the field!



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

We hope you and your family have a safe and happy holiday season!

Your Sayles School Cafeteria Staff

www.pdfactory.com

Word of the Month

pride

adj. 1. a sense of one's own proper dignity or value; self-respect
2. pleasure or satisfaction taken in a special accomplishment

Time to turn the page!

Winter Holiday begins at the end of class:

Classes resume: **Tues., Jan. 3**

We look forward to serving you in 2012!