

# [Insert Public School Unit] Breakfast Menus for December 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
| December 2 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 3 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 4 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 5 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 6 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 9 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 10 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 11 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 12 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 13 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 16 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 17 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 18 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 19 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 20 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 23 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 24 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 25 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 26 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 27 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |
| December 30 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk | December 31 Entrée  Entrée  Fruit  Fruit  Lowfat or Fat Free Milk |  |  |  |

## Nutrition Byte

### Celebrate the Healthy Way!

It seems like every time you head to school or class there is another event to celebrate – birthdays, holidays, team wins, good grades, etc.! Often those celebrations involve food – sugary drinks, cupcakes, donuts, cookies, ice cream, or candy. These types of foods don’t offer nutrients to help you look, learn, and feel your best so try some different strategies to celebrate and treat your body right! **Nutrilink:** Learn more at [www.actionforhealthykids.org/activity/healthy-active-parties](http://www.actionforhealthykids.org/activity/healthy-active-parties).

* Work with your class to find healthy ways to recognize special events or accomplishments. Try options that don’t involve food or screens like time for reading, listening to music, or participating in active games, sports, or dancing.
* Offer water, 100% juice, and/or lowfat or fat free milk instead of sodas or other drinks that have sugar and caffeine.
* Include nutritious options if you do have food for a party like fruits, vegetables, whole grains, and/or lowfat or fat free dairy. Some ideas - whole grain tortilla chips with salsa, fruit with a yogurt dip, parfaits with fruit, yogurt, and whole grain cereal, veggies with lowfat dressing, or smoothies. Check to see if you can purchase nutritious, fun snacks from your School Nutrition Program for events.
* Read food labels to make smart choices. Be careful of any food allergens for you, other students, and staff.
* Make sure everyone can participate, celebrate, and have fun!



# [Insert Public School Unit] Lunch Menus for December 2024

| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- |
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