

# MENUS FOR DECEMBER 2023




Waverly Middle School, District 145

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!

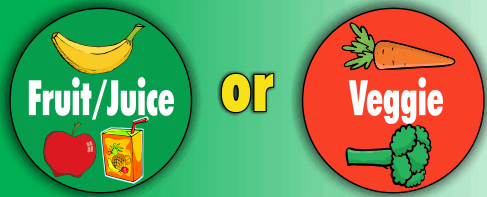


★ WITH LIBERTY & JUSTICE FOR ALL ★



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

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



BREWSTER CENTRAL SCHOOL DISTRICT CHILD NUTRITION

### Friday, December 1

**Breakfast**  
Chef's Choice

**Lunch**  
Beef Fiestada 43g  
Apple Churro 27g



### Monday, December 4

**Breakfast**  
Blueberry Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk  
**Lunch**  
Chef's Choice

### Tuesday, December 5

**Breakfast**  
Breakfast Pizza - 23g And/or Cereal Bowl Fruit, 100% Juice, Milk  
**Lunch**  
Softshell  
Beef Taco 54g  
Spanish Rice 38g & Dorito Chips  
Sour Cream/Salsa  
Apple Churro

### Wed, December 6

**Breakfast**  
French Toast Sticks 38g & Cereal Bowl Fruit, 100% Juice, Milk  
**Lunch**  
Hamburger – 26g  
Fries – 18g

### Thurs, December 7

**Breakfast**  
WG Cinni Minnis - 35g And/or Cereal Bowl Fruit, 100% Juice, Milk  
**Lunch**  
Rotini & Meat Sauce 82g  
Cheese Breadstick 25g

### Friday, December 8

**Breakfast**  
Mini Waffles - 35g & Cereal Bowl Fruit, 100% Juice, Milk  
**Lunch**  
Country Fried Steak 19g  
Potato Wedges 25g  
Peppered Gravy 24g  
Dinner Rolls (2) 20g each

## 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!**

# 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!

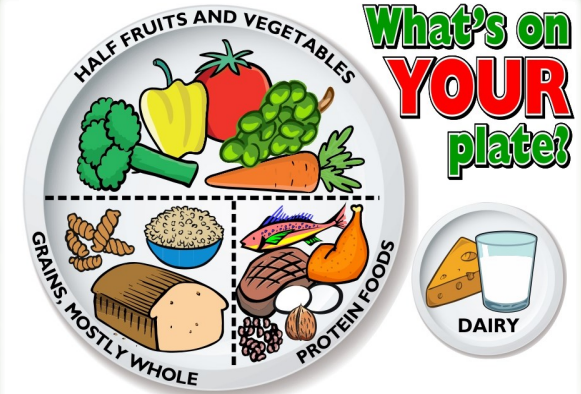


**Word play**

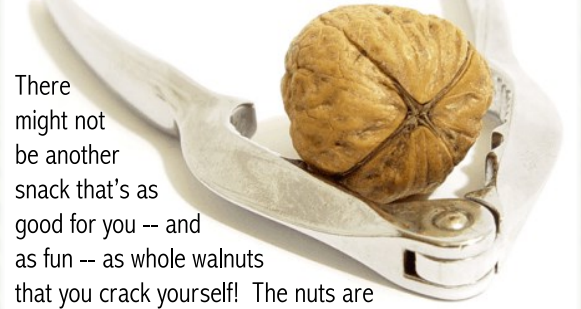
Here's wishing you a bright and happy holiday season!



Food & Nutrition Team



**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)

**Mon December 11**

**Breakfast**

Pancake Bites 37g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**

Breaded Chicken Sandwich 33g Fries 34g

**Tues, December 12**

**Breakfast**

Maple Waffle 30g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**

Chili & Cinnamon Roll

**Wed, December 13**

**Breakfast**

Cinnamon Toast Crunch Pastry 41g And/or Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Orange Chicken 19g Vegetables Seasoned Rice 38g Egg Roll 21g Soy sauce Fresh Fruit, Fresh Vegetable Milk

**Thurs, December 14**

**Breakfast**

Breakfast Pizza - 23g And/or Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Turkey 12g Mashed Potatoes Gravy 34g Sweet Potatoes 34g 2-Dinner Roll (20g)

**Friday, December 15**

**Breakfast**

Breakfast Cookie 44g And/or Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Home-style "Viking" Cheese Pizza 33g WG Cookie Fresh Fruit, Fresh Vegetable Milk

**Mon, December 18**

**Breakfast**

Cocoa Puff Pastry 45g & Cereal Bowl, Fruit, 100% Juice Milk

**Lunch**

Popcorn Chicken 19g Dipping Sauce Dinner Roll 20g WG Chip

**Tues, December 19**

**Breakfast**

French Toast Sticks 38g & Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Hot Dog 29g Sweet Potato Fries 25g

**Wed, December 20**

**Breakfast**

WG Cinni Minnis - 35g And/or Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Scrambled Eggs Strawberry Pancake Bowl 39g

**Thurs, December 21**

**Breakfast**

Mini Waffles - 35g & Cereal Bowl Fruit, 100% Juice, Milk

**Lunch**

Chef's Choice

**Friday, December 22**

**Breakfast**

Chef's Choice

**Lunch**

No Lunch

**See You Next Year!**

Last day of school: Friday, December 22

Classes Resume Thursday, January 4

