

Menus for December 2022

Coatesville Area School District—Elementary Schools

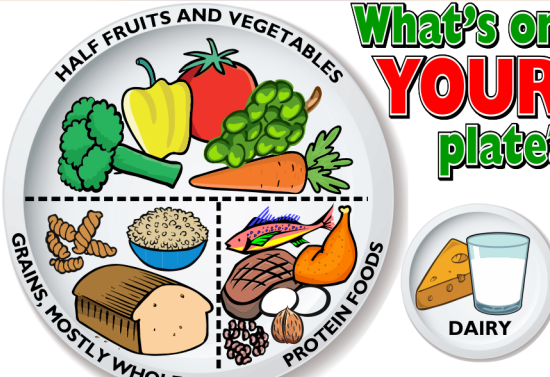
This institution is an equal opportunity provider. Menus are subject to change

YOU'RE GOOD



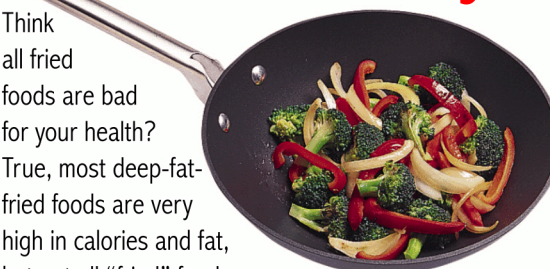
ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

COATESVILLE AREA SCHOOL DISTRICT NUTRITION SERVICES



What's on YOUR plate?

Into the frying pan, out of the fryer!



Think all fried foods are bad for your health? True, most deep-fat-fried foods are very high in calories and fat, but not all "fried" foods are created equal. Stir-frying uses only a little bit of healthful oil, like olive oil, and keeps veggies crispy and tasty and sliced lean meat or chicken flavorful and healthy!

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

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!



Monday, December 5

Breakfast
Double Choc Chip Muffin
Assorted Craisins
100% Apple Juice
Milk

Lunch
Toasted Cheese Sandwich or PBJ Uncrustable or YoGo Meal
Caesar Salad, Baby Carrots
Tomato Soup
Diced Peaches
Milk

Tuesday, December 6

Breakfast
Belgian Waffle
Assorted Craisins
100% Fruit Punch
Milk

Lunch
Chicken Patty Sandwich or PBJ Uncrustable or Ham & Cheese on Pretzel Bun
Shoestring Fries
Celery Sticks w/ Ranch
Applesauce
Milk

Wednesday, December 7

Breakfast
Mini Cinnis
Assorted Craisins
100% Orange Juice, Milk

Lunch
Rotini w/ Meat Sauce & Garlic Bread or PBJ Uncrustable or Pepperoni Pizza Munchable
Sliced Cucumbers w/ Ranch
Steamed Broccoli,
Diced Pears
Milk

Thursday, December 8

Breakfast
Mini French Toast
Assorted Craisins
100% Grape Juice, Milk

Lunch
Burrito Bowl w/ Tortilla Chips or PBJ Uncrustable or Salad w/ Tuna Salad, WG Roll & Crackers
Fiesta Black Beans
Baby Carrots, Apple Slices
Milk

Friday, December 9

Breakfast
Mini Apple Breakfast Bites
Assorted Craisins
100% Apple Juice
Milk

Lunch
French Bread Cheese Pizza or PBJ Uncrustable or Bologna & Cheese on Wheat
Caesar Salad
Celery Sticks w/ Ranch
Mandarin Oranges
Milk

Thursday, December 1

Breakfast
Pumpkin Bread
Assorted Craisins
100% Grape Juice
Milk

Lunch
Ham, Egg & Cheese Bagel or PBJ Uncrustable or Chef Salad w/ Roll & Crackers, Tater Tots
Baby Carrots
Apple Slices
Milk

Friday, December 2

Breakfast
WG Cinnamon Pop-Tarts
Assorted Craisins
100% Apple Juice, Milk

Lunch
Cheese Pizza or PBJ Uncrustable or Bologna & Cheese on WG Roll
Garden Salad
Celery Sticks w/ Ranch
Mandarin Oranges
Milk

Brain Ticklers



What do you call someone who's afraid of jolly, bearded fat men in red suits?

(Hold the page upside down and read it in a mirror for the answer!)

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Monday, December 12

Breakfast

Blueberry Muffin
Assorted Craisins
100% Apple Juice
Milk

Lunch

The Max Cheese Sticks w/
Marinara Dipping Sauce or
PBJ Uncrustable or
YoGo Meal
Caesar Salad, Baby Carrots
Sliced Peaches
Milk

Tuesday, December 13

Breakfast

Mini Pancakes
Assorted Craisins
100% Fruit Punch
Milk

Lunch

Mega Minis Chicken Nuggets
or PBJ Uncrustable
or Turkey & Cheese Wrap
Mashed Potatoes
Baby Carrots
Applesauce
Milk

Wednesday, December 14

Breakfast

Cherry Frudel
Assorted Craisins
100% Orange Juice
Milk

Lunch

Cheeseburger or
PBJ Uncrustable or
Pepperoni Pizza Munchable
Crinkle-cut Fries
Cucumbers w/ Ranch
Diced Pears
Milk

Thursday, December 15

Breakfast

Pumpkin Bread
Assorted Craisins
100% Grape Juice
Milk

Lunch

Top N Go Walking Tacos or
PBJ Uncrustable or
Salad w/ Turkey & Cheese
Dinner Roll & Crackers
Fiesta Black Beans, Apples
Celery Sticks w/ Ranch
Milk

Friday, December 16

Breakfast

WG Strawberry Pop-Tarts
Assorted Craisins
100% Apple Juice
Milk

Lunch

Stuffed Crust Pizza or
PBJ Uncrustable or
Bologna & Cheese on Wheat
Garden Salad
Mixed Veggies
Mandarin Oranges
Milk

Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

brownie butter chocolate danish fudge
gravy ice cream margarine
mayonnaise pie sugar cookie syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

Monday, December 19

Breakfast

Double Choc Chip Muffin
Assorted Craisins
100% Apple Juice
Milk

Lunch

Three Cheese Pasta w/ Roll or
PBJ Uncrustable or
YoGo Meal
Baby Carrots
Steamed Broccoli
Sliced Peaches
Milk

Tuesday, December 20

Breakfast

Belgian Waffle
Assorted Craisins
100% Fruit Punch
Milk

Lunch

Chicken Drumstick
w/ Mini Biscuit or
PBJ Uncrustable or
Chicken Caesar Wrap
Seasoned Corn, Applesauce
Celery Sticks w/ Ranch
Milk

Wednesday, December 21

Breakfast

Mini Bagels w/ Cinnamon
Cream Cheese
Assorted Craisins
100% Orange Juice
Milk

Lunch

~NO LUNCH~

~Early Dismissal~

Thursday, December 22

Breakfast

Mini French Toast
Assorted Craisins
100% Grape Juice, Milk

Lunch

Ham, Egg & Cheese Bagel or
PBJ Uncrustable or
Chef Salad w/ Roll &
Crackers
Tater Tots
Baby Carrots
Apple Slices
Milk

Happy Holidays!



Beware of Mistletoe!

FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

49 = 0.22



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

We wish you & your family a warm & happy holiday season!

From Erin Robinson, Supervisor of Food Service & the School Nutrition Staff at your school



Time to turn the page!

Winter Holiday begins at the end of classes
Thurs., Dec. 22

Classes resume:
Tues., Jan. 3

We look forward to serving you in 2023!