

# Menus for December 2016

## Prince George's County Elementary Schools

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

### Available Daily

Garden Salad w/Fresh Tomatoes,  
Offered w/Reduced Fat Dressing  
Seasonal Fresh Fruit Bowl and Fruit Cup  
100% Fruit Juice is offered on  
Tuesday and Thursday  
+Item is Meatless  
\*Item Contains Pork  
<sup>1</sup>Item Contains Beef  
<sup>2</sup>Item Contains Turkey

Full student lunch includes choice of entrée (meat or meat substitute w/grain item), up to two vegetables, one fruit, and a choice of one milk. Students will be offered an additional grain with the cold Deli Sandwiches.

### Thursday, December 1

#### Entrée Choices

Café Burger<sup>1</sup>  
Turkey & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Fiesta Chicken Salad Platter & Goldfish Crackers

#### Sides

Crinkle Cut Fries  
Tuscan Kale Salad  
Mandarin Oranges

# GERM WARFARE.



The folks who work in your school restaurant wash their hands all the time! And YOU should wash your hands anytime you think they might be dirty. It's one of the easiest ways to fight germs and stay healthy!

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

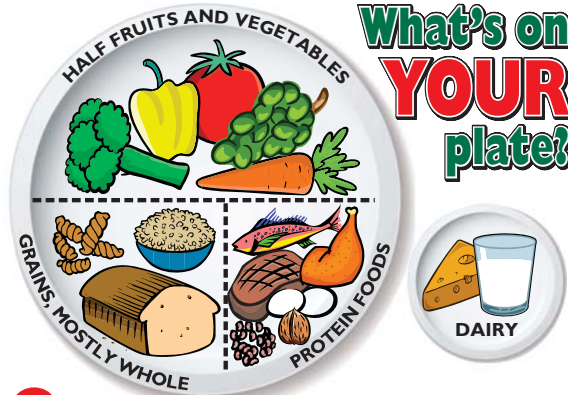
### Friday, December 2

#### Entrée Choices

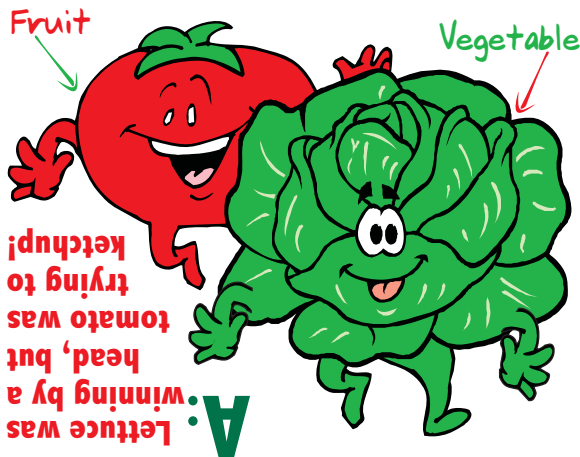
Toasted Cheese Sandwich+  
Turkey Italian Cold Cut Sub  
PB & J Sandwich & Cheese Stick+  
Cheese & Veggie Salad Platter+ & Goldfish Crackers

#### Sides

Tomato Soup+  
Steamed Zucchini & Squash  
Fresh Sliced Apples



**Q: What happened in the race between lettuce and tomato?**



**A: Lettuce was winning by a head, but tomato was trying to ketchup!**

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 5

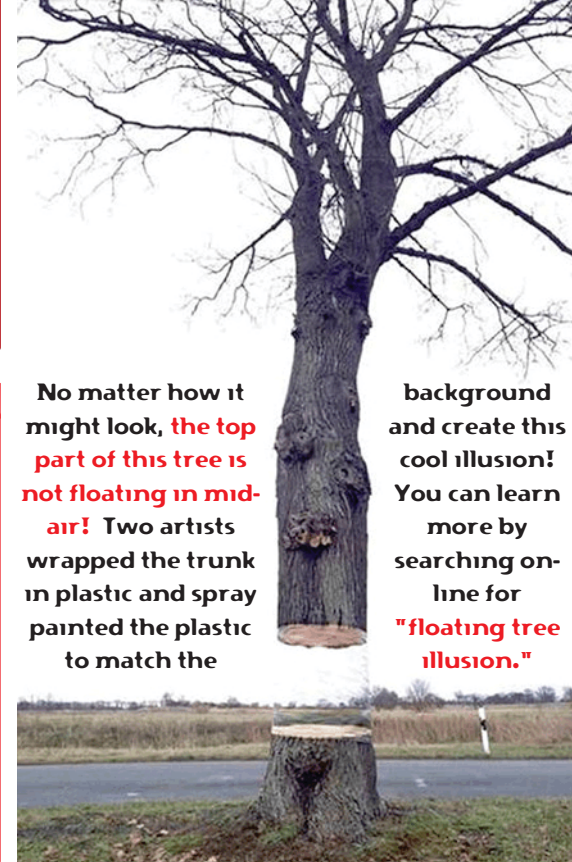
#### Entrée Choices

Cheese Calzonette+ w/Marinara Dip  
Turkey Bacon Club Wrap<sup>2</sup>  
PB & J Sandwich & Cheese Stick+  
Chicken Fajita Salad Platter & Goldfish Crackers

#### Sides

Steamed Carrots  
Steamed Broccoli  
Orange Smiles

# Only an Illusion



No matter how it might look, the top part of this tree is not floating in mid-air! Two artists wrapped the trunk in plastic and spray painted the plastic to match the

background and create this cool illusion! You can learn more by searching on-line for "floating tree illusion."

### Tuesday, December 6

#### Entrée Choices

Fiesta Nachos<sup>1</sup>  
Chicken Salad Sandwich  
PB & J Sandwich & Cheese Stick+  
Chef Salad Platter<sup>2</sup> & Goldfish Crackers

#### Sides

Steamed Sweet Corn  
Refried Beans  
Fresh Pear

### Wednesday, December 7

#### Entrée Choices

Stuffed Crust Cheese Pizza+  
Turkey Ham & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Chicken Salad Platter & Goldfish Crackers

#### Sides

Steamed California Blend Vegetables  
Celery Sticks w/Dip  
Applesauce

### Thursday, December 8

#### Entrée Choices

Teriyaki Beef Bites<sup>1</sup> w/Steamed Rice  
Turkey & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Fiesta Chicken Salad Platter & Goldfish Crackers

#### Sides

Sweet Potato Fries  
Cole Slaw  
Diced Pears

### Friday, December 9

#### Entrée Choices

Cinnamon French Toast Sticks+ & Pork Sausage\*  
Turkey Italian Cold Cut Sub  
PB & J Sandwich & Cheese Stick+  
Cheese & Veggie Salad Platter+ & Goldfish Crackers

#### Sides

Tater Tots  
Steamed Green Beans  
Hot Cinnamon Apples

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

From Joan Shorter, Director, Food & Nutrition Services, & the School Nutrition Staff at your school



**Monday, December 12**

Entrée Choices

Pizza Quesadilla+

Turkey Bacon Club Wrap<sup>2</sup>

PB & J Sandwich & Cheese Stick+

Chicken Fajita Salad Platter & Goldfish Crackers

Sides

Steamed California Blend Vegetables

Fresh Broccoli & Cauliflower Florets w/Dip

Diced Pears

**Tuesday, December 13**

Entrée Choices

Soft Shell Taco

Tuna Salad Sandwich

PB & J Sandwich & Cheese Stick+

Chef Salad Platter<sup>2</sup> & Goldfish Crackers

Sides

Tex Mex Black Beans

Steamed Sweet Corn

Orange Smiles

**STRANGE BUT TRUE!**

**EARLIER THIS YEAR, A CLOUD SHAPED EXACTLY LIKE WINNIE-THE-POOH WAS REPORTED OVER A CHILDRENS' CHARITY EVENT IN ENGLAND!**



**Wednesday, December 14**

Entrée Choices

Pork BBQ Rib Sandwich\*

Turkey & Cheese Sandwich

PB & J Sandwich & Cheese Stick+

Tuna Salad Platter & Goldfish Crackers

Sides

Vegetarian Baked Beans

Cole Slaw

Mixed Fruit



**Thursday, December 15**

**Holiday Meal**

Sliced Turkey w/Gravy & Whole Wheat Roll

Fiesta Chicken & Cheese Wrap

PB & J Sandwich & Cheese Stick+

Cheese & Veggie Salad Platter+ & Goldfish Crackers

Sides

Mashed Potatoes w/Gravy

Candied Yams

Steamed Green Beans

Apple Crisp

Today's Dessert: Frosted Sugar Cookie

**Friday, December 16**

Entrée Choices

Cheese Calzonette+ w/Marinara Dip

Turkey Italian Cold Cut Sub

PB & J Sandwich & Cheese Stick+

Fiesta Chicken Salad Platter & Goldfish Crackers

Sides

Steamed Broccoli

Steamed Carrots

Fresh Apple Slices

**Monday, December 19**

Entrée Choices

Teriyaki Chicken w/Steamed Rice

Turkey Bacon Club Wrap<sup>2</sup>

PB & J Sandwich & Cheese Stick+

Chicken Fajita Salad Platter & Goldfish Crackers

Sides

Steamed California Blend Vegetables

Sweet Potato Fries

Orange Smiles

**Tuesday, December 20**

Entrée Choices

Hot Dog on Bun<sup>1</sup>

Chicken Salad Sandwich

PB & J Sandwich & Cheese Stick+

Chef Salad Platter<sup>2</sup> & Goldfish Crackers

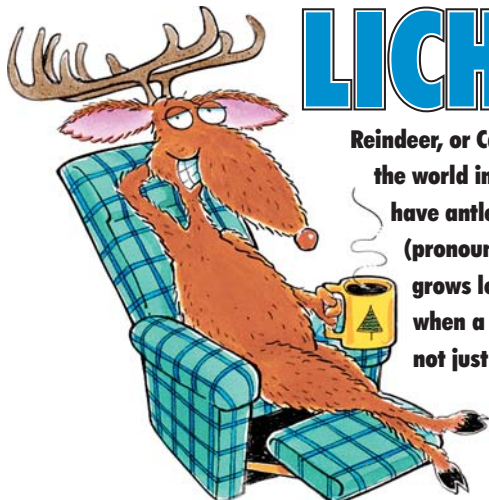
Sides

Vegetarian Baked Beans

Cole Slaw

Fresh Pear

**NO SALADS**



**LICHEN LIFE**

Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!



**Wednesday, December 21**

Entrée Choices

Cheeseburger Meatloaf w/Whole Wheat Roll

Turkey Ham & Cheese Sandwich

PB & J Sandwich & Cheese Stick+

Chicken Salad Platter & Goldfish Crackers

Sides

Mashed Potatoes w/Gravy

Steamed Green Beans

Applesauce

**Thursday, December 22**

Entrée Choices

Stuffed Crust Cheese Pizza+

Turkey & Cheese Sandwich

PB & J Sandwich & Cheese Stick+

Fiesta Chicken Salad Platter & Goldfish Crackers

Sides

Steamed Sweet Corn

Steamed Broccoli

Diced Pears

**ENJOY YOUR BREAK!**

**Last day of school: Thurs., Dec. 22**



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

**SEE YOU IN 2017!**