

Families Making the Connection

Try School Meals

Families Making the Connection

Build a Healthy Plate

During the holidays, we can feast with friends and sample sweet treats. Here are some tips to help you make healthy eating choices during the holidays and all year.

- Make half your plate colorful veggies and fruits. Vegetables and fruits are nutrient rich and can help promote good health.
- Choose protein foods wisely, like lean beef and pork, or chicken, turkey, beans, or tofu. Eat seafood at least twice a week.
- Aim to make at least half your grains whole grains. Look for “100% whole grain” or “100% whole wheat” on the food label.
- Don't forget dairy. Pair your meal with a cup of fat free or low fat milk. Don't drink milk? Try a calcium-fortified soy beverage or add fat free or low fat yogurt.
- Avoid extra fat through gravies or sauces. Add flavor through herbs and spices.
- Take time to savor your food. Eating quickly may cause you to eat too much.
- Use smaller bowls and plates with meals or snacks to help with portion control.
- Eat at home more often so you know exactly what you are eating. If you eat out, check the nutrition info. Choose healthier options like baked instead of fried.

Menus for December 2018

Sallie B. Howard School

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
Grits, Turkey Bacon, eggs, fruit, Juice, Milk Chicken Alfredo w/Roll Corn Dog Nuggets Spinach Steamed Broccoli Mandarin Oranges Fresh Fruit 1% or Skim Chilled Milk	Fruit Muffin, Eggs Fruit, Juice, Milk Chicken Hard Taco w/cheese Beef Hard Taco w/cheese Tossed Salad, Pinto Beans Strawberry applesauce, Churros Fresh Fruit , 1 % or Skim Chilled Milk	Hash Brown, Eggs, Fruit, Juice, Milk *Spaghetti w/ Sauce/ Cornbread muffin BBQ Chicken w/rice Caesar Salad Corn on Cob Dried Fruit, Fresh Fruit 1 % or Skim Chilled Milk	Honey Bun, Eggs, Fruit, Juice, Milk Cheeseburger on Bun Beef Ribs w/ Roll Soup Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk	Turkey sausage patty, biscuit, eggs, Fruit, Juice, Milk Chicken Tenders w/Roll Grilled Cheese and Potato Soup Green Beans Steamed Broccoli Chilled peaches, Fresh Fruit 1% or Skim Chilled Milk
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
Cinnamon roll, Eggs, fruit, juice, milk Oven Fried Chicken w/mash potatoes Buffalo Chicken Salad Golden Corn Chilled Pears Fresh Fruit 1% or Skim Chilled Milk	Egg and Cheese Biscuit, fruit, juice, milk *Cheeseburger on Bun Turkey Hotdog w/Beef Chili Vegetarian Beans Crispy Fries Chilled Pineapples Fresh Fruit 1% or Skim Chilled milk	Hot Cereal , Turkey Sausage, fruit, juice, milk Mac & Cheese w/ Teriyaki Chicken wings General TSO Chicken w/ Rice Steamed Cabbage Honey glazed Carrots Chilled Applesauce Fresh Fruit ,1% or Skim Chilled Milk	Grits, Turkey Bacon, eggs, fruit, Juice, Milk Turkey and Cheese Hoagie Mozzarella Sticks Seasoned Curly Fries Chicken Noodle Soup Fresh Fruit Dried Fruit 1% or Skim Chilled Milk	Bagel, Eggs, yogurt, Fruit, Juice, Milk Chicken Patty on Bun *Beef Nachos Spinach Black Beans Fruit Salad Fresh Fruit 1% or Skim Chilled milk
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
Cinnamon glazed French toast eggs, fruit, Juice, Milk Chicken Nuggets w/ Rice Grilled Cheese & Beef/Veg Soup Sweet Potatoes Fruit Salad, Fresh Fruit 1% or Skim Chilled Milk	Breakfast Pizza, Fruit, Juice, Milk Beef Chili w/Corn Bread muffin Chicken Noodle w/ Crackers Spinach Tossed Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Milk	Grits, Turkey Bacon, eggs, fruit, Juice, Milk Turkey Corndog Baby Carrots Fruit 1% or Skim Milk Half Day!	Oatmeal/Apple Strudel, Fruit, Juice, Milk Turkey Pepperoni Pizza Cheese Pizza Crispy Fries Black eye peas Caesar Salad Chilled Mixed fruit Fresh Fruit, 1% or Skim Chilled	Cereal, pop tart, Fruit, Juice, Milk Roasted Turkey w/ Rice Salisbury Steak w/ Gravy Mashed Potatoes Okra Dried Fruit, Fresh Fruit Dessert 1% or Skim Chilled Milk
MERRY CHRISTMAS!	MERRY CHRISTMAS!	MERRY CHRISTMAS!	MERRY CHRISTMAS!	MERRY CHRISTMAS!
HAPPY NEW YEAR!	HAPPY NEW YEAR!			

December

- Pear Month
- Tropical Fruits Month
- Handwashing Week (December 2-6)