

Monday

Tuesday

Wednesday

Thursday

Friday

<p>4</p> <p>Breakfast: Belgian waffles, Oranges Snack: Carrots, crackers & Ranch dip Lunch: Chili & Cheese over rice, Green beans, Cantaloupe Snack: Goldfish & Raisins</p>	<p>5</p> <p>Breakfast: Whole wheat cheese toast, Cantaloupe Snack: Granola Bars Lunch: Beef tacos w/ cheese, lettuce, corn, Watermelon Snack: Cheerios mix, Raisins</p>	<p>6</p> <p>Cheerios cereal & Watermelon Snack: Lady bugs on a raft Lunch: Tomato soup, Grilled cheese, Peas, Bananas Snack: Cheese it's, Applesauce</p>	<p>7</p> <p>Breakfast: Breakfast tacos & Bananas Snack: Reindeer food Lunch: Fiesta casserole, Mixed veggies, Pineapples Snack: Hummus & Ritz</p>	<p>1</p> <p>Breakfast: Pancakes w/ syrup, Pineapples Snack: <u>Chef Kids:</u> Grinch snack Lunch: Meatball subs, Broccoli, Oranges Snack: Bananas & Animal crackers</p>
<p>11</p> <p>Breakfast: French toast sticks, Oranges Snack: Vanilla Wafers & Pudding Lunch: Meatballs & gravy over rice, Green beans, Cantaloupe Snack: Rice cakes, Applesauce</p>	<p>12</p> <p>Breakfast: Buttermilk biscuits, Cantaloupe Snack: Nutra grain bars, Lunch: Steak fingers & Gravy, Corn, Watermelon Snack: Chips & Salsa</p>	<p>13</p> <p>Breakfast: Rice Krispies cereal & Watermelon Snack: Broccoli, Ranch dip, Crackers Lunch: Cheese Pizza, Peas, Bananas Snack: Graham crackers, Yogurt</p>	<p>14</p> <p>Breakfast: Breakfast tacos & Bananas Snack: Santa's hat Lunch: Spaghetti, Mixed veggies, Pineapples Snack: Cheese it's, Applesauce</p>	<p>15</p> <p>Breakfast: Pancakes w/ syrup, Pineapples Snack: <u>Chef Kids:</u> Chelsea Buns Lunch: Orange chicken, Rice, Broccoli, Oranges Snack: Pretzels & Mustard,</p>
<p>18</p> <p>Breakfast: Belgian waffles, Oranges Snack: Diced peaches, Graham crackers, Lunch: Beef veggie stew w/ Rice, Cantaloupe Snack: Ritz crackers, Cheese, Pepperoni HISD OUT FT</p>	<p>19</p> <p>Breakfast: Whole wheat cheese toast, Cantaloupe Snack: Granola Bars Lunch: Fish Sticks, Corn, Watermelon Snack: Pretzels, Cubed cheese HISD OUT</p>	<p>20</p> <p>Breakfast: Mini Wheat cereal (Infants- Toddlers Cheerios Cereal) & Watermelon Snack: Goldfish & Raisins Lunch: BBQ chicken strips, Peas, Bananas Snack: Cheese it's, Applesauce HISD OUT FT</p>	<p>21</p> <p>Breakfast: Breakfast tacos, Bananas Snack: Christmas tree Lunch: Chicken & rice casserole, Mixed veggies, Pineapples Snack: Cheese it's, Applesauce HISD OUT FT</p>	<p>22</p> <p>Breakfast: Buttermilk biscuits, Pineapples Snack: <u>Chef Kids:</u> Eccles Cakes Lunch: Hamburgers, Carrots, Oranges Snack: Bean Nachos HISD OUT FT</p>
<p>25</p> <p>CLOSED</p> <p></p>	<p>26</p> <p>Breakfast: Buttermilk biscuits, Cantaloupe Snack: Nutra grain bars Lunch: Meatballs & gravy over rice, Corn, Watermelon Snack: Apples & Sun butter HISD OUT FT</p>	<p>27</p> <p>Breakfast: Rice Chex cereal & Watermelon Snack: Lady Bugs on a raft Lunch: Steak fingers w/ gravy, Peas, Bananas Snack: Cheerios & Raisins HISD OUT FT</p>	<p>28</p> <p>Breakfast: Breakfast tacos & Bananas Snack: Christmas cookies Lunch: Spaghetti, Mixed veggies, Pineapples Snack: Ritz & Hummus HISD OUT FT</p>	<p>29</p> <p>Breakfast: Pancakes w/ syrup, Pineapples Snack: <u>Chef Kids:</u> Banoffee pie Lunch: Chicken sandwiches, Carrots, Oranges Snack: Cheese it's, Applesauce HISD OUT FT</p>

Month of December – Traditional & or just fun Christmas foods!

Suites 350- Priv. K participate in Chef Kids cooking class:

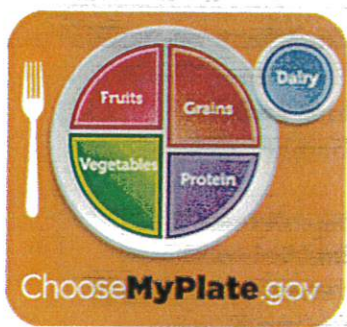
1st Chef Kids: Grinch Snack mix and Grinch juice- the children will measure popcorn, pretzels, green and red m & m's, and marshmallows into a Ziploc bag and shake to mix. Grinch juice will be green kool aid with strawberries.

2nd Chef Kids: Crumpets- The children will butter English muffins to create their crumpets

3rd Chef Kids: Chelsea Buns- Classes will pick a fruit topping and put it on un iced cinnamon rolls.

4th Chef Kids: Eccles Cake: The children will fill pita bread with Jam.

5th Chef Kids: Children will place bananas on a tortilla and top with whipped cream and drizzle with honey.



What are traditions???

1. Things that we do surrounding holidays that we pass down to our children and then their children and so on....
2. Example: gathering for dinner with extended family

Why are traditions important?

1. They bond us together
2. They show us that we belong

What are some holiday traditions that you do every year?

nutritious snacks from the TDA -Fruit juice; Fruit smoothie; Milk, non-fat or low-fat (plain or flavored); Bagel (1/2); Graham crackers; Animal crackers; Wheat crackers; English muffin (whole wheat); Rice cakes and mini rice cakes, flavored; Fig bars; Fruit or grain muffin (low-fat); Dry cereal, individual servings; Pretzels; Baked tortilla chips with salsa; Vanilla wafers; Fresh seasonal fruit; Carrots, broccoli, cauliflower with low-fat dip or salad dressing; Fruit snacks; Low-fat string cheese; Fruit/grain bars; Frozen fruit bars; 94 percent fat-free popcorn; Fruit, nut and/or grain trail mixes; Peanut butter & crackers; Fruit pico; Corn on cob with paprika or chili powder.

All Breakfast & Lunches are served with milk. All snacks are served with water. All breakfasts are served with fresh fruit. 4 pm snacks for Crawlers through Musicians will be either Cheerios or Goldfish. Every Friday we have Chef Kids cooking class for 350- Priv. K! All casseroles have additional vegetables in the sauces. All Menu items meet USDA food program regulations.