




SPRINGVILLE UNION SCHOOL DISTRICT

HOME OF THE SPARTANS

LUNCH MENU – DECEMBER 2020

SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 #Ham & Cheese Sub Lettuce and Tomato Strawberry Cups	1 Pancake Wrap Maple Syrup Sweet Potatoes & Corn Applesauce	2 #BBQ Pork Sliders Coleslaw Vegetarian Beans Diced Peas	3 *Beef Taco Salad Cheese, Lettuce Salsa & Chips Pinto Beans Diced Apricots	4 Cheese Pizza Marinara Sauce Broccoli Fruit Cocktail
7 #Sliced Baked Ham Pancake & Maple Syrup Celery & Carrots Peanut Butter Orange Juice	8 Chicken Fajitas Pepper and Onion Blend Refried Beans W/G Tortilla Sliced Peas	9 *Beef-a-Roni Garden Salad 1000 Island Dressing Bread Apple Slices	10 Catfish Strips Peas & Carrots Confetti Rice Strawberry Cups	11 Pepperoni Pizza Pocket Coleslaw Ranch Dressing Dried Mixed Fruit
14 Meat & Marinara Sub American Cheese Rom & Tom Salad Dressing Diced Peas	15 Fish Soft Taco Shredded Cabbage Corn Apple Slices	16 #Ham & Cheese Sub Lettuce & Tomatoes Diced Peaches	17 BBQ Oven Chicken Mashed & Gravy Green Beans & Peppers Mixed Berry Cups	18 Cheese Stix Marinara Sauce Rom & Tom Salad Ranch Dried Cranberries
21 WINTER BREAK	22	23 HAPPY HOLIDAYS	24	25 
28 	29	30 	31	SEE YOU NEXT YEAR!

HARVEST OF THE MONTH

Fruit: Citrus Orange

Vegetables: Cabbage

Other fruits and vegetables available during winter season are:

Grapefruits

Kumquats

Mandarins

Pomelos

Asparagus

Broccoli

Brussel Sprouts

Cabbage

Celery & Squash

How many types of vegetables will you try?



GET HEALTHY AND GET MOVING

STAY ACTIVE OVER THE HOLIDAYS

It is okay to play in the cold, just be sure to cover your head, fingers, and toes! Wearing layers is the best way to stay warm too.

Visit a school playground; it's open even if school is out. Remember to keep the playground clean; bring a trash bag with you, to throw your trash away.

Take a walk to the park; plenty of fun waiting for you.

Look at your local Post Office, for posted upcoming activities throughout the holiday break.

Take the family on an outdoor adventure through the neighborhood, or on a nature hike, in the afternoon; the afternoons tend to be the warmest part of the day.

Feeling extra festive? Gather up the family and some friends and head up to the mountains for some fun in the snow-ski slopes and tubing areas. Be safe. Happy Holidays and a Blissful New Year.




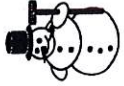


CHOICE OF 1% UNFLAVORED OR NONFAT MILK SERVED DAILY
 ALL DIPS, DRESSINGS, AND SAUCES ARE LOW FAT. CONDIMENTS WILL BE SERVED WITH APPROPRIATE MENU ITEMS.
 ALL BREADS AND PASTAS ARE WHOLE GRAIN. *CONTAINS BEEF MEAT #CONTAINS PORK MEAT
 The U.S.D.A. and S.U.S.D. are equal opportunity providers.

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BREAKFAST MENU – December 2020
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Cinnamon Toasters Apple Milk	1 Frosted Flakes Banana Milk	2 Honey Graham Toasters Orange Milk	3 Marshmallow Matey's Pear Milk	4 Honey Scooters Peaches Milk
7 Cinnamon Toasters Apple Milk	8 Frosted Flakes Banana Milk	9 Honey Graham Toasters Orange Milk	10 Marshmallow Matey's Pear Milk	11 Honey Scooters Peaches Milk
14 Cinnamon Toasters Apple Milk	15 Frosted Flakes Banana Milk	16 Honey Graham Toasters Orange Milk	17 Marshmallow Matey's Pear Milk	18 Honey Scooters Peaches Milk
21 WINTER BREAK	22 _____	23 HAPPY HOLIDAYS	24 _____	25 
28 	29 _____	30 	31 _____	SEE YOU NEXT YEAR! 

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Breakfast Quotes

Never work before
breakfast: If you must work
before *breakfast*, eat your
breakfast first.
-Josh Billings

"Breakfast without fruit is a
like day without sunshine."

"Be excited to get to sleep
on time, because, you know
BREAKFAST is next, and
you'll be on time."

"**BREAKFAST** is
everything. The beginning,
the first thing. It is the
mouthful that is that
commitment to a new day, a
continuing healthy life."
-A.A. Gill

The little energy you
obtained from your
BREAKFAST can ignite
your willingness to kick
start. Don't overlook the
little energy you have now
by fixing eyes on a
supposed magical influence
farther away!"
-Israelmore Ayivor

Hello Breakfast

What is Breakfast?
A meal eaten in the morning,
the first of the day.

-The first food activating the
digestive system.
Is breakfast the most
important meal of the day?
Some people skip it, some
are not hungry, and some
say it is their favorite food of
the day.

The first thing you eat will
affect the response of other
major things.

Hunger hormones, gut
bacteria, craving energy
levels, and mood for the rest
of the day.

Eat whole grains that are low
in calories and high in
complex carbohydrates,
fiber, protein, and many
important vitamins and
minerals.

Eating 1/2 cup of fruit can
benefit from the nutrients
particularly the important
antioxidants and
phytonutrients that are
exclusively found in fruit.

Also include low fat dairy-as
you decrease the fat in fatty
product, you cut calories,
saturated fat, and
cholesterol, while protein,
calcium, and most other
vitamins and minerals
remain high.

Any Lee-Integrative Wellness Center

