










Lunch Menu



December-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;">Lunch Break</p> <p style="text-align: center;">Color Me Red</p> <p>Last month, we introduced the five fruit and vegetable color groups. Fruits and vegetables in an array of colors provide the wide range of fiber, vitamins, minerals, and phytochemicals your body needs to protect your health. The color for December is red. Red fruits and veggies help to maintain a healthy heart and a good memory. Have you tried red apples, cherries, watermelon, red peppers, and radishes? They are all part of the red group. Next month, the spotlight is on the orange/yellow group.</p>			<p style="text-align: center;">December 1, 2011</p> <p>Island Burger on a Bun Mixed Vegetables Fresh Apple Strawberry Whole-Grain Crackers Ketchup</p> 	<p style="text-align: center;">December 2, 2011</p> <p>Soft Shell Tacos Taco Salad Sunshine Cake Taco Sauce</p>
WEEK 1	MENUB				<p style="text-align: center;">December 5, 2011</p> <p>Mini Chicken Sandwiches 100% Fruit Juice Lemon Cookie BBQ Sauce</p>	<p style="text-align: center;">December 6, 2011</p> <p>BBQ Meatballs New Corn Peaches Orange-Cranberry Bread</p>
WEEK 2	MENUB	<p>Beef & Tomato with Wheat Pitas Broccoli Homemade Granola Bar</p> 	<p>Chicken Sticks Seasoned Potatoes Pineapple Sunshine Cake BBQ Sauce</p>	<p>Fiesta Burrito+ Fresh Fruit Snickerdoodle Cookie Taco Sauce Ranch Dressing</p>	<p>Whole-Grain Pasta with Meat Sauce Peas & Carrots 100% Fruit Juice Mini Cinnamon Grahams</p> 	<p>Chicken Fajitas Taco Salad Apple Spice Bread Taco Sauce</p>
WEEK 3	MENUB	<p style="text-align: center;">December 12, 2011</p> <p>Hamburger on a Bun Mixed Vegetables 100% Fruit Juice Oats & Honey Goldfish Grahams Ketchup</p>	<p style="text-align: center;">December 13, 2011</p> <p>Nacho Combo Chili Fresh Baby Carrots</p> 	<p style="text-align: center;">December 14, 2011</p> <p>Mini Corn Dogs Peas & Carrots Fresh Fruit Oatmeal Raisin Cookie Ketchup</p> 	<p style="text-align: center;">December 15, 2011</p> <p>Beef & Tomato with Wheat Pitas Green Beans Homemade Granola Bar</p> 	<p style="text-align: center;">December 16, 2011</p> <p>Crispy Chicken Wrap with Lettuce, Tomato & Cheese Banana Bread Fat-Free Ranch Dressing</p>
	MENUB	<p>Penne with Marinara Sauce+ Peas Peaches Banana Bread</p>	<p>Hot Turkey Ham & Cheese Sandwich 100% Fruit Juice Gingersnap Cookie</p>	<p>Beef Taco Salad with Tri-Color Tortilla Strips Fresh Baby Carrots Taco Sauce Ranch Dressing</p>	<p>Whole-Grain French Toast Sticks Sausage Links* Fresh Apple Vanilla Whole-Grain Crackers</p> 	<p>Max Pizza Stix with Zesty Marinara+ Fresh Fruit Mini Blueberry Loaf</p>

What's New?

Ceres Food Group adds something new to the menu mix:

BBQ Meatballs - Round bursts of flavor for a different taste sensation.

Tex-Mex Chili Mac - Travel to the Southwest with our home-style dish featuring whole-grain macaroni, shredded reduced-fat cheddar cheese, red beans, ground beef, and diced tomatoes.

Green Pathways

One of Ceres Food Group's goals is to reduce energy consumption. At our headquarters, we have installed energy efficient motion detection lighting in our warehouse and in office restrooms. This type of lighting furnishes the right amount of light when and where it's needed and it saves money, too.

Meals Served with Milk





Milk Provided by Ceres Contains No Growth Hormones or Antibiotics



Lunch Menu



December-2011

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		December 19, 2011	December 20, 2011	December 21, 2011	December 22, 2011	December 23, 2011
W E E K	M E N U A	Hot Dog on a Bun French Fries Fresh Baby Carrots Ketchup Mustard Ranch Dressing	Spaghetti with Meatballs Garlic Bread 100% Fruit Juice M&M Cookie	Pancakes Sausage Links* Fresh Fruit Blueberry Fruit & Grain Bar Syrup	Sloppy Joe on a Bun Corn Goldfish Pretzels  	Grilled Chicken Sandwich Country Vegetable Blend Fresh Apple Gingersnap Cookie BBQ Sauce
	M E N U B	Santa Fe Chili Warm Cornbread 100% Fruit Juice Oatmeal Raisin Cookie 	Chicken Nuggets Mixed Vegetables Raisins Animal Crackers BBQ Sauce	Soft Shell Tacos Taco Salad Blueberry Fruit & Grain Bar Taco Sauce	Deep Dish Cheese Pizza+ Pears Pumpkin Bread 	Salisbury Steak with Gravy Whipped Potatoes Fresh Apple 100% Whole Wheat Roll



Meals Served with Milk

Milk Provided by Ceres Contains No Growth Hormones or Antibiotics



Christmas Fun Word Jumble
 Unscramble the letters to form a word associated with Christmas fun.

1. AEDSCNL _____	11. EOGRC SO _____
2. EICNYHM _____	12. IGIN DTS _____
3. SOIECKO _____	13. RATIODINT _____
4. RPRNCEA _____	14. IDNLCHRE _____
5. VTEALISF _____	15. TDYLEUEI _____
6. NITESOTIAP _____	16. AISONDTROEC _____
7. ULODRPH _____	17. RADNALG _____
8. EVRENRGEE _____	18. RTNMOAEN _____
9. RTUCAKIEF _____	19. KPRWOOHS _____
10. SKNCTOGI _____	20. EEDERRIN _____

candles	evergreen	poinsettia	stocking
children	festival	Prancer	tidings
chimney	fruitcake	reindeer	tradition
cookies	garland	Rudolph	workshop
decorations	ornament	Scrooge	yuletide

Copyright ©2009 www.apple4theteacher.com

