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### Breakfast Menu for December 2019

This institution is an equal opportunity provider. Menu is subject to change.

**BREKKAT @ SCHOOL**

For first-class learning!

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**Breakfast Bites!**

What's the best thing you can give your family for Holiday breakfast? **A great big “Quiche,” of course!** Quiche sounds very complicated and French and difficult, but it’s really **super easy** to make. Use a pre-made pie crust, and add any combination of meat, cheese, and veggies, like this tomato and zucchini version. You can even make it ahead of time and reheat it. And it looks great on the holiday table – not that it will stay there for long!

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**First things First -- New This Year!**

**BREAKFAST @ SCHOOL**

For first-class learning!

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**Enjoy your Breakfast!**

<table>
<thead>
<tr>
<th>Monday, December 2</th>
<th>Tuesday, December 3</th>
<th>Wednesday, December 4</th>
<th>Thursday, December 5</th>
<th>Friday, December 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Bread</td>
<td>Sausage N’Pancake Stick*</td>
<td>Raspberry Crème Bar</td>
<td>Blueberry Mini Pancakes</td>
<td>Breakfast Benefit Bars</td>
</tr>
<tr>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
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<td>Juice-Fruit-Milk</td>
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</tbody>
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<thead>
<tr>
<th>Monday, December 9</th>
<th>Tuesday, December 10</th>
<th>Wednesday, December 11</th>
<th>Thursday, December 12</th>
<th>Friday, December 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appleway Bar</td>
<td>Sausage on Bun</td>
<td>Maple Mini Pancakes</td>
<td>Zee Zee’s Breakfast Bar</td>
<td>Cinnamon Cream Cheese</td>
</tr>
<tr>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Juice-Fruit-Milk</td>
<td>Bagel Juice-Fruit-Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, December 16</th>
<th>Tuesday, December 17</th>
<th>Wednesday, December 18</th>
<th>Thursday, December 19</th>
<th>Friday, December 20</th>
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</tr>
</tbody>
</table>

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

From Cathy Alexander, Food Service Director & the School Nutrition Staff at your school

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**See You Next Year!**

Last day of school: Friday, Dec. 20

Classes Resume: Monday, Jan. 6
Menus for December 2019

Newport News Public Schools
Elementary Menu

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

### Monday, December 2
**Lunch**
- Chicken Fajita
- Pizza Calzone
- Hamburger/Cheeseburger on Bun
- Chef Salad*

**Choose Two:**
- Green Peas
- Potatoes Au Gratin

**Choose One:**
- Sliced Peaches
- Fresh Fruit

### Tuesday, December 3
**Lunch**
- Meatball Sub
- Ham & Cheese Rippers
- Nachos w/Chili, Cheese & Roll
- Country Chicken Salad

**Choose Two:**
- Fiesta Beans
- Collard Greens

**Choose One:**
- Applesauce
- Fresh Fruit

### Wednesday, December 4
**Lunch**
- Chicken Nuggets
- Garlic Cheesy Bread
- Spaghetti w/Meat Sauce
- Southwestern Chicken Salad

**Choose Two:**
- Corn
- Sweet Potatoes

**Choose One:**
- Diced Pears
- Fresh Fruit

### Thursday, December 5
**Lunch**
- Yogurt Parfait
- Breakfast for Lunch*
- Chicken Patty on Bun
- BLT Salad w/Garlic Knot*

**Choose Two:**
- Green Beans
- Sidewinder Fries

**Choose One:**
- Spiced Apples
- Fresh Fruit

### Friday, December 6
**Manager’s Choice**

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Available Daily

- Sliced Apples
- Baby Carrots
- Yogurt, String Cheese w/Cheez-its
- Rockola Granola
- Variety of Milk

*May Contain Pork

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**COLD ≠ COLD.**

Cold weather doesn’t cause colds – viruses do! Same with the flu. Kids (and adults) should always dress appropriately outdoors for comfort and to avoid frostbite. But if you don’t want to get sick, you should wash your hands!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

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**BIG BIRD, MOVE OVER!**

The biggest bird that ever existed on earth was TEN FEET TALL AND WEIGHED HALF A TON! This monster, known as the ELEPHANT BIRD, was flightless, nearly blind, and ONLY CAME OUT AT NIGHT. It prowled the TROPICAL RAINFORESTS OF MADAGASCAR, A REMOTE ISLAND OFF THE COAST OF AFRICA. AND IT DIDN’T JUST LIVE IN DINOSAUR DAYS – THE ELEPHANT BIRD MAY STILL HAVE BEEN STOMPING AROUND JUST 500 YEARS AGO!
<table>
<thead>
<tr>
<th>Lunch</th>
<th>Tuesday, December 17</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Galaxy Pizza*</td>
<td>Beef Hot Dog on Bun</td>
<td>Mozzarella Sticks</td>
<td>Turkey Chunks w/Gravy</td>
<td>Fiestada Pizza</td>
</tr>
<tr>
<td>Spaghetti w/Meat Sauce</td>
<td>Macaroni &amp; Cheese</td>
<td>Chicken &amp; Waffles</td>
<td>Or Sliced Ham w/Dressing, Roll, &amp; Cranberry Sauce</td>
<td>Chicken Patty on Bun</td>
</tr>
<tr>
<td>Turkey &amp; Cheese Anytimer</td>
<td>Vegetarian Chili w/Tostitos Scoops</td>
<td>PB&amp;J Uncrustable</td>
<td>BLT Salad w/Garlic Knot</td>
<td>Teriyaki Chicken Bowl w/Roll</td>
</tr>
<tr>
<td>Chef Salad**</td>
<td>Country Chicken Salad</td>
<td>Southwestern Chicken Salad</td>
<td>Country Chicken Salad</td>
<td>Country Chicken Salad</td>
</tr>
<tr>
<td>Choose Two:</td>
<td></td>
<td>Choose Two:</td>
<td></td>
<td>Choose Two:</td>
</tr>
<tr>
<td>Corn</td>
<td>Baked Beans</td>
<td>Spinach</td>
<td>Yams</td>
<td>French Fries</td>
</tr>
<tr>
<td>Butternut Squash</td>
<td>Pineapple Chunks</td>
<td>Cherry Tomatoes w/Dip</td>
<td>Seasoned Green Beans</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Choose One:</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Choose One:</td>
<td>Choose One:</td>
</tr>
<tr>
<td>Applesauce</td>
<td></td>
<td></td>
<td>Fruit Cup</td>
<td>Diced Pears</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td></td>
<td></td>
<td>Fresh Fruit</td>
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**Happy Holidays!**

From
Cathy Alexander, Director of School Nutrition,
Newport News Public Schools,
& the School Nutrition Staff at your school

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**What’s on YOUR plate?**

**Q:** Why did Super Orange lose the big race around the world?

**A:** He just ran out of juice, don’t you think?

*Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay-healthy/food/pyramid.html*