

Menus for December 2010

Marple
Newtown
School
District
Elementary
Menu



NUTRITION TO GO

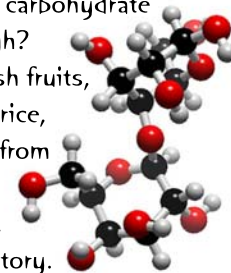
A substance in some foods called "beta carotene" can strengthen the immune system and may even help prevent cancer. Most orange foods, including carrots, cantaloupe, and sweet potatoes, are loaded with beta carotene. So are many dark leafy greens, like kale and spinach.

A TASTY MORSEL FOR PARENTS

THE SIMPLE TRUTH.

This is a model for a complex carbohydrate molecule. Pretty complex, huh?

"Complex" carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans come from nature. "Simple" carbs, like the sugars in soda and candy, are most often refined in a factory.



Can you guess which ones are healthier for you?

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

★ OUR NATION'S HISTORY ★

When a 9-inch aluminum cap was set in place on the Washington Monument on December 6, 1884, this towering tribute to our first president was finally completed – some 85 years after George Washington's death. Construction of the 555-foot marble obelisk (the tallest building in the world at its completion) had begun half a century earlier with the laying of a slightly larger building block – a cornerstone weighing in at nearly 25,000 pounds.



★ WITH LIBERTY & JUSTICE FOR ALL ★



Wed., December 1

Choice of One

Tostito's Scoops w/
Beef (A)
The Grab Bag (B)
Smucker's Uncrustable
PB&J (C)

Served with:

Mexican Fiesta Rice
Peas & Carrots
Pineapple Chunks
Milk Choice

Thursday, December 2

Choice of One

French Bread Pizza (A)
The Grab Bag (B)
Smucker's Uncrustable
PB&J (C)

Served with:

Vegetable Blend
Cutie Pie
100 Fruit Juice
Milk Choice

Friday, December 3

Choice of One

Shrimp Poppers (A)
The Grab Bag (B)
Smucker's Uncrustable
PB&J (C)

Served with:

Land-O-Lakes Mac &
Cheese
Vegetable Blend
Chilled Peaches
100 Fruit Juice
Milk Choice

Monday, December 6

Choice of One

Bosco Stix w/ Marinara
Sauce (A) Stuffed Crust
Cheese Pizza (B)
Smucker's Uncrustable
PB&J (C)

Served with:

Green Beans
Chilled Pears
Rice Krispie Treat
Milk Choice

Tuesday, December 7

Choice of One

Chef Boyardee Beef
Ravioli (A)
Stuffed Crust Cheese
Pizza (B)
Smucker's Uncrustable
PB&J (C)

Served with:

Garden Salad
Italian Roll & Butter
Chilled Peaches
Milk Choice

Wed., December 8

Choice of One

Popcorn Chicken Bites
(A)
Stuffed Crust Cheese
Pizza (B)
Smucker's Uncrustable
PB&J (C)

Served with:

Sweet Potato Stix
Whole Wheat Dinner
Roll
Fruit Cocktail

Thursday, December 9

Choice of One

Hamburger or
Cheeseburger (A)
Stuffed Crust Cheese
Pizza (B)
Smucker's Uncrustable
PB&J (C)

Served with:

French Fries
Broccoli Florets
Applesauce
Milk Choice

Friday, December 10

Choice of One

Hatfield Hot Dog on a
Bun (A)
Stuffed Crust Cheese
Pizza (B)
Smucker's Uncrustable
PB&J (C)

Served with:

Baked Beans
Cinnamon Baked Apples
Orange Dream Muffin
Milk Choice



Monday, December 13

Choice of One
Chicken on a Bun (A)
Turkey on Kaiser w/
lettuce (B)
The Grab Bag (C)

Served with:
Potato Wedges
Fruit Cocktail
100 Fruit Juice
Milk Choice

Tuesday, December 14

Choice of One
Belgian Waffle Sticks
w/ Bacon (A)
Turkey on Kaiser w/
lettuce (B)
The Grab Bag (C)

Served with:
Hash Brown
Creamy Pudding
Apple Slices
Milk Choice

Wed., December 15

Choice of One
Cheese Steak (A)
Turkey on Kaiser w/
lettuce (B)
The Grab Bag (C)

Served with:
Parsley Potatoes
Chilled Peaches
Milk Choice

Thursday, December 16

Choice of One
Pepperoni Pizzattas w/
Marinara Sauce (A)
Turkey on Kaiser w/
lettuce (B)
The Grab Bag (C)

Served with:
Buttered Noodles
Green Beans
Fruit Cocktail
Milk Choice

Friday, December 17

Choice of One
Chicken Strips w/
Honey Cup (A)
Turkey on Kaiser w/
lettuce (B)
The Grab Bag (C)

Served with:
Whole Wheat Dinner
Roll
Caesar Salad
Corn on the Cob
Milk Choice



EXPLORING THE SECRETS OF "MY PYRAMID"

Q: Why is there a string on the Animal Crackers box?



A: The box with the string was originally designed as a holiday promotion - it was intended as a "hook" to hang the colorful box from a tree!

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

Monday, December 20

Choice of One
Cheese Pizza (A)
Smucker's Uncrustable
PB&J (B)
Bagel & Light Cream
Cheese (C)

Served with:
Raw Baby Carrots
Chilled Peaches
Apple Blossom Muffin
Milk Choice

Tuesday, December 21

Choice of One
Mini Pancakes w/
Sausage (A)
Smucker's Uncrustable
PB&J (B)
Bagel & Light Cream
Cheese (C)

Served with:
Hash Brown
Fresh Pears
Milk Choice

Wed., December 22

Choice of One
Chicken Nuggets (A)
Smucker's Uncrustable
PB&J (B)
Bagel & Light Cream
Cheese (C)

Served with:
Chicken Vegetable Soup
Sweet Peas
Cutie Pie
100 Fruit Juice
Milk Choice

Thursday, December 23

Choice of One
Cheese Steak (A)
Smucker's Uncrustable
PB&J (B)
Bagel & Light Cream
Cheese (C)

Served with:
Potato Puffs
Green Beans
Peach Crisp
Milk Choice

INFO. BLOCK

Meal Prices = \$2.50

WaWa Milk Variety = .55
1% 8oz. White, Chocolate &
Strawberry

Visit our Snack Stand

"PayPAMS"
A great way
to check your
student's meal account!
Sign up today at
www.paypams.com

****MENUS SUBJECT TO CHANGE**



HOLD ON TIGHT!

Last day of school:
Thursday, December 23
Classes resume:
Monday, January 3

We'll see you in 2011!