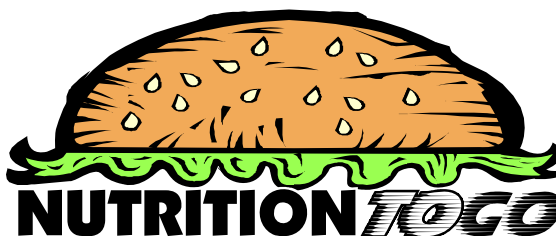


# Menus for December 2010

Paxon Hollow Middle School Menu



## NUTRITION TO GO

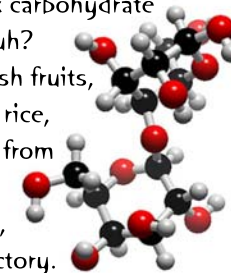
A substance in some foods called "beta carotene" can strengthen the immune system and may even help prevent cancer. Most orange foods, including carrots, cantaloupe, and sweet potatoes, are loaded with beta carotene. So are many dark leafy greens, like kale and spinach.

**A TASTY MORSEL FOR PARENTS**

## THE SIMPLE TRUTH.

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

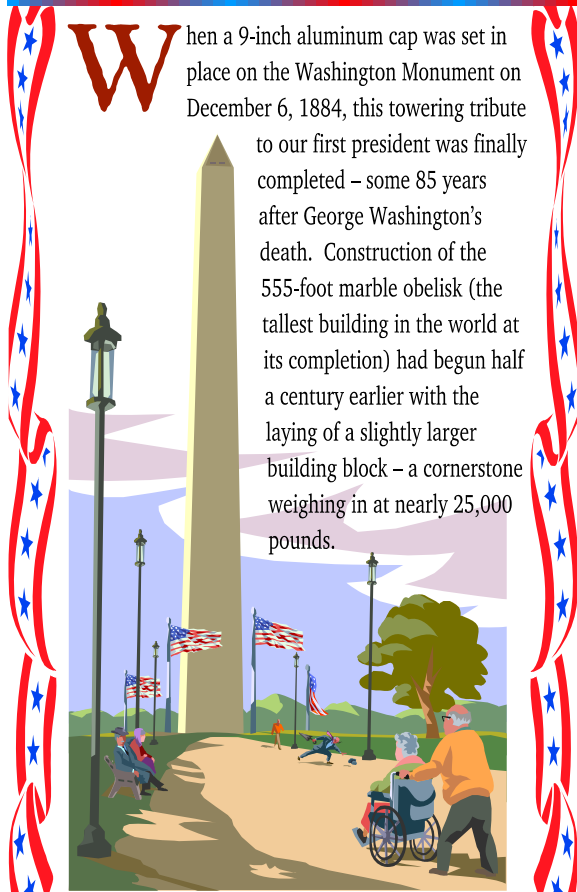
"Complex" carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans come from nature. "Simple" carbs, like the sugars in soda and candy, are most often refined in a factory.



Can you guess which ones are healthier for you?

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

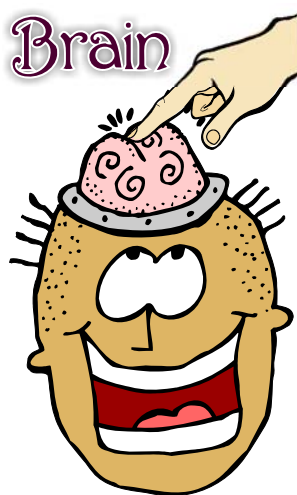
## ★ OUR NATION'S HISTORY ★



**W**hen 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 ★

## Brain Ticklers



Where do penguins go to vote on Election Day?

(Hold the page upside down and read it in a mirror for the answer!)

The south pole

**Monday, December 6**

**Tiger Meal**

Chicken Parm.

**Served With:**  
 Buttered Noodles  
 Green Beans  
 Fruit Choice  
 Milk Choice

Cost — \$2.75

**Tuesday, December 7**

**Tiger Meal**

Turkey Corn Dog Nuggets

**Served With:**  
 Land-o-Lakes Mac & Cheese  
 Sweet Peas  
 Fruit Choice  
 Milk Choice

**Wed., December 8**

**Tiger Meal**

Pizzattas  
 w/ Marinara Sauce

**Served With:**  
 Pasta & Tomato Sauce  
 Corn on the Cob  
 Fruit Choice  
 Milk Choice

**Thursday, December 9**

**Tiger Meal**

American Sub.

**Served With:**  
 Baked Lay's Chips  
 Raw Baby Carrots  
 Fruit Choice  
 Milk Choice

Cost — \$2.75

**Friday, December 10**

**Tiger Meal**

Bosco Stix  
 w/ Marinara Sauce

**Served With:**  
 Buttered Noodles  
 Mixed Veggies  
 Fruit Choice  
 Milk Choice

Cost — \$2.75

**Wed., December 1**

**Tiger Meal**

Meatball Sandwich

**Served With:**  
 Waffle Fries  
 Corn on the Cob  
 Fruit Choice  
 Milk Choice

Cost — \$2.75

**Thursday, December 2**

**Tiger Meal**

Chicken Nuggets

**Served With:**  
 Mashed Potatoes  
 Raw Baby Carrots  
 Fruit Choice  
 Milk Choice

Cost — \$2.75

**Friday, December 3**

**Tiger Meal**

Cheese Steak

**Served With:**  
 Mexican Fiesta Rice  
 Mixed Veggies  
 Fruit Choice  
 Milk Choice

Cost — \$2.75



**Monday, December 13**

**Tiger Meal**

Tostito's Scoops w/  
Beef  
Taco Filling

**Served With:**  
Green Beans  
Fruit Choice  
Milk Choice

**Tuesday, December 14**

**Tiger Meal**

Chicken Quesadilla  
w/ Salsa

**Served With:**  
Fluffy Rice  
Sweet Peas  
Fruit Choice  
Milk Choice

Cost — \$2.75

**Wed., December 15**

**Tiger Meal**

Pizzattas  
w/ Marinara Sauce

**Served With:**  
Pasta & Tomato  
Sauce  
Corn on the Cob  
Fruit Choice  
Milk Choice

**Thursday, December 16**

**Tiger Meal**

Pasta & Meatballs

**Served With:**  
Garlic Bread  
Raw Baby Carrots  
Fruit Choice  
Milk Choice

Cost — \$2.75

**Friday, December 17**

**Tiger Meal**

Mozzarella Cheese  
Sticks  
w/ Marinara Sauce

**Served With:**  
Rice Pilaf  
Mixed Veggies  
Fruit Choice  
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](http://WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)**

**Monday, December 20**

**Tiger Meal**

Chicken on a Bun

**Served With:**  
Buttered Noodles  
Green Beans  
Fruit Choice  
Milk Choice

Cost — \$2.75

**Tuesday, December 21**

**Tiger Meal**

Turkey Corn Dog  
Nuggets

**Served With:**  
Land-o-Lakes Mac &  
Cheese  
Sweet Peas  
Fruit Choice  
Milk Choice

**Wed., December 22**

**Tiger Meal**

French Toast Sticks  
w/ Sausage Pattie

**Served With:**  
Hash Brown  
Corn on the Cob  
Fruit Choice  
Milk Choice

Cost — \$2.75

**Thursday, December 23**

**Tiger Meal**

Chicken Quesadilla

**Served With:**  
Mexican Fiesta Rice  
Lettuce & Tomato  
Cup  
Raw Baby Carrots  
Fruit Choice  
Milk Choice

**INFO. BLOCK**

Served Daily:  
Fresh Salads and  
Sandwich Varieties  
& Pizza

Check out our  
Special of the Day!

Meal Price—\$2.75

Best Deal in Town:  
Complete Meal =



**HOLD ON TIGHT!**

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

**We'll see you in 2011!**