



NOVEMBER-December 2010 Lunch

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Mini Cheese Burgers	30 Pizza Quesadilla	1 Turkey Hot Dog	2 All Natural Chicken Nuggets	3 Teriyaki Chicken With Brown Rice
6 ALL Natural Chicken Patty Sandwich	7 New York Cheese Pizza Strip	8 Lean Hamburger	9 "Crunchy" Chicken Strips	10 Honey BBQ Dippers With Finger Potatoes
13 Chicken Taquitos	14 Cheesy Pizza Bagel	15 Mini Corn Dog 	16 Smilin' Chicken Nuggets	17 Teriyaki Beef Dippers w/ Finger Potatoes
Winter Recess 20	Winter Recess 21	Winter Recess 22	Winter Recess 23	Winter Recess 24
Winter Recess 27	Winter Recess 28	Winter Recess 29	Winter Recess 30	Winter Recess 31

CRUNCH & MUNCH SIDES

Students may select one or more side item with entrée:

- Variety of fresh and canned fruits
- Vegetables
- Snack items



CHOICE OF Moo-ARVELOUS MILK

- 1% Plain
- Fat Free Chocolate Milk



All Menus Subject to Change

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Healthier Holiday Cookies, Cakes and Dessert Ideas

Kids (and parents) love desserts. Who doesn't? It's one of the foods we all look forward to and make room for. But it doesn't have to be only sugar and fat! There are plenty of little ways you can modify your recipe to make it healthier without losing the sweet taste.

☆ Sugar is one of the key ingredients in most desserts. (Okay, it is the key ingredient in desserts). But you can keep your desserts sweet with some healthier options. Agave and stevia are low calorie options.

☆ Recipes may call for lard or shortening to make the dough or crust. These fats can be full of saturated fats or trans fats, neither of these are good for the heart. Look for unsalted low fat butter or low fat margarine. Check the food label to be sure it says "no trans fats" and is low in saturated fats. Yes, they are still fats but much healthier option for the heart.

☆ Try using lessening the amount of butter or margarine. You can often get away with ¼ less than recommended amount without changing the taste of the recipe. But of course, you will have to try it and see.

☆ Try adding some fresh fruit to your cakes and cupcake recipes. You can mix it into the mix or decorate the top of it. Now it has some vitamins and nutrients!

☆ You can also add some walnuts or almonds to spice up your holiday recipe and some healthy fats, vitamins and minerals.

Fun Facts about Winter

December 22 is the first day of winter for all the folks in the Northern Hemisphere! The sun is the furthest away from the equator, shining directly over the Tropic of Capricorn (Alice Springs, Australia and Sao Paulo, Brazil are just a couple of cities along the Tropic of Capricorn.) The first day of winter is the shortest day of the year (meaning it gets dark pretty darn early)!

Antarctica is the coldest place on earth (kind of a no-brainer here) with the coldest reported temperature being -89.4 C (or) -129 F.

The **coldest place in North America**: Snag, the Yukon Territory of Canada with a recorded temperature of -81.4 F on February 3, 1947.

Snowflakes are really ice crystals in various patterns.

Some snowflake researchers use 35 shapes.

The **world's largest snowflake** was 38 cm wide and 20cm thick and was found at Fort Keogh, Montana on January 28, 1887.

The **most snowfall within 24 hours in the U.S.** was 63 inches and occurred in Georgetown, Colorado on December 4, 1913.