



## Enjoy a Healthy Holiday

Trying to stay fit around the holiday season can seem like a daunting task to achieve. However, there are many strategies that you can try this holiday season to avoid that pesky weight gain.



- 1) **Never skip a meal.** If you skip a meal the day of your holiday party, it will only make you want to overindulge when you arrive.
- 2) **Use smaller plates.** Most holiday parties are buffet style. When making your way to the table, using a smaller plate will help you with following correct portion sizes.
- 3) **Eat slowly.** Many times our eyes are bigger than our stomachs. A good rule of thumb is after you finish eating, wait 10 minutes before getting a second serving to see if you're really still hungry.
- 4) **Balance with physical activity.** Try to balance your extra holiday calories with extra physical activity. There are many small changes you can make to your everyday routine to help you balance out those extra calories. You can take the stairs at the office or walk around throughout the day or on your lunch break. You can also go for a walk or play a sport outside with your kids or pets.

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

### Breakfast Lunch

#### Wednesday, December 1st

Egg and Cheese Sandwich      Frito Pie

#### Thursday, December 2nd

Maple Waffle Chicken Sandwich      BBQ Chicken Thigh, Mac & Cheese, Baked Beans, Green Beans

#### Friday, December 3rd

French Toast Sticks      Turkey and Cheese Ciabatta Seasoned Corn



### Available Daily

#### All Meals Served With:

Low Fat White Milk  
Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice

**Cereal & Cheese String Served Everyday as Alternate Breakfast**

### Breakfast Lunch

#### Monday, December 6th

Cinnamon Toast Cereal, Cheese String      Hamburger w/ Fries Dressing Cup, Mayo, Ketchup

#### Tuesday, December 7th

Maple & Chicken Sausage Sandwich      White Beans & Rice Carrots w/ Ranch, Cornbread

#### Wednesday, December 8th

Banana Muffin Cheese String      Turkey Nachos

#### Thursday, December 9th

Chicken Biscuit Sandwich      Herb Roasted Chicken w/ Rice and Gravy, Peas Salad w/ Carrots, Biscuit

#### Friday, December 10th

Cinnamon Rolls w/ Icing      Lasagna w/ Green Beans Bread Stick



## Breakfast Lunch

### Monday, December 13th

Cinnamon Toast Cereal, Cheese String  
Cheese Pizza Salad w/ Carrots

### Tuesday, December 14th

Blueberry Muffin Cheese String  
Red Beans & Rice Carrots w/ Ranch

### Wednesday, December 15th

Egg and Cheese Sandwich  
Turkey Tacos

### Thursday, December 16th

Maple Waffle Sandwich  
Gumbo w/ Chicken & Sausage, Rice, Salad w/ Tomatoes, WG Crackers

### Friday, December 17th

French Toast Sticks  
Turkey Roast w/ Gravy, Brown Rice, Carrot Souffle, Sweet Potatoes

### Monday, December 20th

Cinnamon Toast Cereal, Cheese String  
Chicken Tenders, Potato Wedges, Carrots w/ Ranch

### Tuesday, December 21st

Chicken & Maple Sausage Sandwich  
Hot Dog w/ Chili, French Fries, Ketchup, Mustard

### Wednesday, December 22nd

Banana Muffin  
Cheese String

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Low Fat White Milk

Or Non Fat Chocolate Milk  
And Fresh Fruit or Fruit Juice

**Cereal & Cheese String Served Every-day as Alternate Breakfast**

Thursday, December 23rd -  
Wednesday, January 5th



WINTER  
BREAK  
NO SCHOOL!

## Health Benefits of Apples

December 1st is red apple day. Everyone has heard the saying, "An apple a day keeps the doctor away."

This rings true because apples provide a plethora of health benefits. Make sure to eat an apple or two on December 1st to reap all of these great benefits.



- 1) They are rich in antioxidants, flavonoids and fiber.
- 2) They help protect against many neurological disorders such as Alzheimer's and Parkinson's disease.
- 3) They help boost immunity and control weight.
- 4) They help regulate blood sugar levels.
- 5) They help prevent gallstones and aid with regular digestion.

