



**Fruit of the Month: *ORANGES*:** The orange is a great source of Vitamin C and fiber. Orange trees were first grown in China. Christopher Columbus brought orange seeds to the USA in 1493.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

BBQ OR CHICKEN SANDWICH  
TATER TOTS  
BABY CARROTS W/ DIP  
PEACH CUPS  
MILK

OVEN FRIED CHICKEN  
OR FISH STICKS  
CHEESY BROCCOLI  
SWEET POTATOES  
ORANGE SLICES  
GARLIC TOAST  
MILK

CHEESEBURGER  
WAFFLE FRIES  
BURGER SALAD  
BAKED BEANS  
RAISELS  
MILK

CHEESEBURGER  
WAFFLE FRIES  
BROCCOLI W/ DIP  
BURGER SALAD  
RAISELS  
MILK

BEEF OR CHICKEN  
CHEESY NACHOS  
PINTO BEANS  
STEAMED CABBAGE  
BANANA  
MILK

CHICKEN NUGGETS  
MASHED POTATOES  
STEAMED SPINACH  
FRESH ORANGE  
HOMEMADE ROLL  
MILK

BEEF OR CHICKEN  
CHEESY NACHOS  
PINTO BEANS  
GARDEN SALAD  
PINEAPPLE  
MILK

CHEESEBURGER  
TATER TOTS  
BURGER SALAD  
BAKED BEANS  
RAISELS  
MILK

CHICKEN NUGGETS  
MASHED POTATOES  
GREEN BEANS  
FRESH APPLE  
HOMEMADE ROLL  
MILK

PEPPERONI PIZZA  
SEASONED SQUASH  
STEAMED CORN  
PIZZA SAUCE  
WATERMELON CUPS  
MILK

HOTDOG OR MEATBALL SANDWICH  
BABY CARROTS W/ DIP  
STEAMED CORN  
BANANA  
REDUCED FAT CHIPS  
MILK

PEPPERONI PIZZA  
OR CHEESE STICKS  
CALIFORNIA VEGGIES  
GREEN BEANS  
RIPS  
MILK

19  
20  
21  
22  
23  
**Christmas**  
26  
27  
28  
29  
30  
**Break**