

Roseville City School District

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

YOU'RE GOOD
ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG



REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, December 1

Breakfast

COUNTRY BREAKFAST
BURRITO
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, December 2

Breakfast

CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
BEEF & CHEESE TACO

Wednesday, December 3

Breakfast

SUNRISE BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch

MACARONI & CHEESE
OR
CHEESEBURGER
& FRIES

Thursday, December 4

Breakfast

MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

Friday, December 5

Breakfast

CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE PUPUSA
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

Monday, December 8

Breakfast

FIESTA BREAKFAST
BURRITO
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
BEEF CHILI AND BEANS
WITH CORN BREAD

Tuesday, December 9

Breakfast

YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
CHICKEN TACO

Wednesday, December 10

Breakfast

MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch

BEAN & CHEESE BURRITO
OR
CHICKEN SANDWICH

Thursday, December 11

Breakfast

CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch

CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, December 12

Breakfast

FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch

GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE

OUT COLD.

Not only do kids eat more in the winter, they also tend to exercise less.

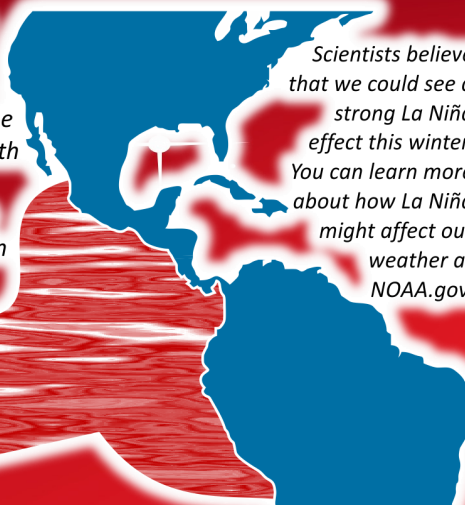
Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

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



The climate phenomenon known as “La Niña” occurs in years when Pacific Ocean waters off the coast of Central and South America become cooler than usual. La Niña tends to make the southwestern states drier, the southern U.S. warmer and drier, the northwest and north central states colder and snowier, and the mid-Atlantic and northeast warmer, resulting in more mixed precipitation for those folks.

La Niña



Scientists believe that we could see a strong La Niña effect this winter. You can learn more about how La Niña might affect our weather at NOAA.gov.



Where do all of our crazy names for food come from?



WORDS OF MOUTH

This month: “Caesar Salad”

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.

Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special!



Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!

Monday, December 15

Breakfast

COUNTRY BREAKFAST
BURRITO
OR
CONTINENTAL BREAKFAST

Lunch

BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, December 16

Breakfast

CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch

CHEESE PIZZA
OR
BEEF & CHEESE TACO

Wednesday, December 17

Breakfast

SUNRISE BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch

MACARONI & CHEESE
OR
CHEESEBURGER
& FRIES

Thursday, December 18

Breakfast

MINI PANCAKES
OR
CONTINENTAL BREAKFAST

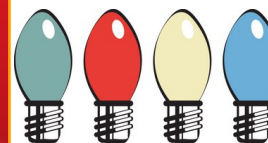
Lunch

CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

Friday, December 19

NO LUNCH

**Winter
Holiday
Begins Today!**



Available Daily

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily lunch options:

DELI SANDWICH
LARGE SALAD
PIZZA
(select varieties)



We'll see you again in 2026!

Winter Holiday begins
Friday, December 19th

Classes resume
Tuesday, January 6th