

# GOOD ALSTONE TALL MARKS @ NO COST ALL YERRORS



#### **Roseville City School District**

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

#### Monday, December I

#### **Breakfast**

COUNTRY BREAKFAST BURRITO OR

CONTINENTAL BREAKFAST

#### <u>Lunch</u>

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

TURKEY & CHEESE
SANDWICH

#### Tuesday, December 2

#### Breakfast

CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

#### <u>Lunch</u>

CHEESE PIZZA OR Beef & Cheese Taco

#### 2 Wednesday, December 3

#### **Breakfast**

SUNRISE BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST

#### Lunch

BEAN & CHEESE BURRITO 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

#### <u>Lunch</u>

BEAN & CHEESE PUPUSA
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

# **REALLY Hot Chocolate!**



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

#### Monday, December 8

#### **Breakfast**

FIESTA BREAKFAST BURRITO OR NTINENTAL BREAVEAST

CONTINENTAL BREAKFAST

#### <u>Lunch</u>

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

#### Tuesday, December 9

#### Breakfast

YOGURT PARFAIT OR CONTINENTAL BREAKFAST

#### <u>Lunch</u>

CHEESE PIZZA OR CHICKEN TACO

#### Wednesday, December 10

#### **Breakfast**

MINI WAFFLES OR CONTINENTAL BREAKFAST

#### Lunch

MACARONI & CHEESE OR CHICKEN SANDWICH

#### Thursday, December II

#### **Breakfast**

CINNI MINI
OR
CONTINENTAL BREAKFAST

#### <u>Lunch</u>

CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

#### Friday, December 12

#### **Breakfast**

FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

#### <u>Lunch</u>

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!

he 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

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northeast warmer, resulting in more mixed precipitation for those folks.

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?

### This month: "Caesar Salad"

aesar 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

an elaborate tableside salad-tossing preparation to fool customers

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

BEAN & CHEESE BURRITO OR CHEESEBURGER & FRIES

#### Thursday, December 18

#### **Breakfast**

MINI PANCAKES OR CONTINENTAL BREAKFAST

#### <u>Lunch</u>

CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

#### Friday, December 19

#### **No Lunch**

Winter Holiday Begins Today!







We'llsee you again in 2026!

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Winter Holiday begins Friday, December 19

Classes resume Tuesday, January 6