

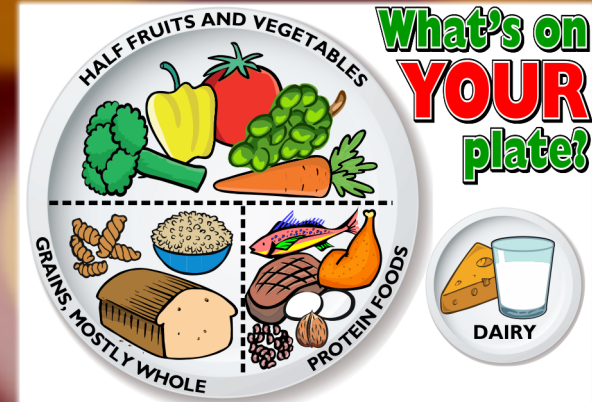
Menus for December 2022

Pre K Schools

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



Britanie Wilson, Café Manager, Trails Elem



Make the healthy, economical choice!

Breakfast Lunch
\$2.25 \$3.25

Get in touch with us today to learn more about free and reduced-price meals in our district:
 405-376-7317 or CruzD@Mustangps.org

this month: asparagus



There are some foods that most kids don't like, but most adults do. Why? It's a **mystery!** Take asparagus, for instance. Most kids won't even touch it -- it looks kind of weird, the texture is strange, and the taste is a little bitter. But most adults will agree that asparagus -- grilled, roasted, stir-fried, or steamed crisp -- is one of nature's top treats!



Monday, December 5

Breakfast

Cinnamon Toast Crunch
 Applesauce Cup
 Juice/Milk

Lunch

PopCorn Chicken
 Dinner Roll
 Mashed Potatoes w/Gravy
 Green Beans
 Assorted Fruit
 Milk

Tuesday, December 6

Breakfast

Sausage Croissant
 Pears
 Juice/Milk

Lunch

Spaghetti & Meat Sauce
 Garlic Cheese Breadstick
 Carrots
 Assorted Fruit
 Milk

Wednesday, December 7

Breakfast

French Toast Sticks
 Peaches
 Juice/Milk

Lunch

Steak Fingers
 Dinner Roll
 Mashed Potatoes w/Gravy
 Mixed Veggies
 Assorted Fruit
 Milk

Thursday, December 8

Breakfast

Berry Parfait
 Cinnamon Breakfast Cookie
 Assorted Fruit
 Juice/Milk

Lunch

Chicken & Noodles
 Garlic Cheese Breadstick
 Peas
 Assorted Fruit
 Milk

Friday, December 9

Breakfast

Breakfast Sausage Pizza
 Apple Slices
 Juice/Milk

Lunch

Bronco Burger
 Red & White Fries
 Baked Beans
 Assorted Fruit
 Milk





We wish you & your family a warm & happy holiday season!

From Nora Kay Rainwater, Food Service Director
& the School Nutrition Staff at Mustang Public Schools



Happy Holidays!



Beware of Mistletoe!

Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

brownie butter chocolate danish fudge
gravy ice cream margarine
mayonnaise pie sugar cookie syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

Monday, December 12

Breakfast

Cinnamon Roll
Orange Smiles
Juice/Milk

Lunch

Chicken Nuggets
Carrots
Crinkle Fries
Assorted Fruit
Milk

Tuesday, December 13

Breakfast

Sausage Biscuit
Pears
Juice/Milk

Lunch

Cheese Pizza
Broccoli
Assorted Fruit
Milk

Wednesday, December 14

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Grilled Cheese & Tomato
Soup
Assorted Fruit
Milk

Thursday, December 15

Breakfast

Pancake Wrap
Assorted Fruit
Juice/Milk

Lunch

Turkey Breast
Mashed Potatoes w/Gravy
Dinner Roll
Green Beans
Peach Crisp
Milk

Friday, December 16

Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

PB&J or Ham & Cheese
Nacho Cheese Chips
Celery/Carrot Sticks
Cheese Stick
Hershey Choc Chip Cookie
Applesauce Cups
Milk



Time to turn the page!

Winter Holiday begins at the end of classes
Friday, December 16

Classes resume:

Wednesday, January 4

We look forward to serving you in 2023!