

Menus for December 2022

Intermediate Schools

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

Available Daily

BREAKFAST
 You may choose cereal and graham crackers in place of main item.

(There will also be an assortment of fruits/fruit juice and vegetables served daily)



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!



Thursday, December 1

Breakfast
 Pancake Wrap
 Assorted Fruit
 Juice/Milk

Lunch
 Mac & Cheese w/Lil Smokies
 Dinner Roll
 Veggie Bar
 Peas
 Rosy Applesauce
 Juice/Milk

Friday, December 2

Breakfast
 Breakfast Sausage Pizza
 Apple Slices
 Juice/Milk

Lunch
 Corn Dog
 Seasoned Fries
 Baked Beans
 Assorted Fruit
 Juice/Milk

Linda Riggs, Café Manager, Canyon Ridge



Monday, December 5

Breakfast
 Cinnamon Toast Crunch
 Applesauce Cup
 Juice/Milk

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

Tuesday, December 6

Breakfast
 Sausage Croissant
 Pears
 Juice/Milk

Lunch
 Spaghetti & Meat Sauce
 Garlic Cheese Breadstick
 Or Mustang Munchable
 Vegetable Bar
 Carrots
 Assorted Fruit
 Juice/Milk

Wednesday, December 7

Breakfast
 French Toast Sticks
 Peaches
 Juice/Milk

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

Thursday, December 8

Breakfast
 Berry Parfait
 Cinnamon Breakfast Cookie
 Assorted Fruit
 Juice/Milk

Lunch
 Chicken & Noodles
 Garlic Cheese Breadstick
 Carrot Sticks
 Peas
 Assorted Fruit
 Juice/Milk

Friday, December 9

Breakfast
 Breakfast Sausage Pizza
 Apple Slices
 Juice/Milk

Lunch
 Bronco Burger
 Red & White Fries
 Baked Beans
 Assorted Fruit
 Juice/Milk

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

FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

$$49 = 0.??$$



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

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
 Juice/Milk

Tuesday, December 13

Breakfast

Sausage Biscuit
 Pears
 Juice/Milk

Lunch

Cheese Pizza or
 Mustang Munchable
 Veggie Bar
 Broccoli
 Assorted Fruit
 Juice/Milk

Wednesday, December 14

Breakfast

French Toast Sticks
 Peaches
 Juice/Milk

Lunch

Grilled Cheese & Tomato
 Soup
 Celery/Carrot Sticks
 Assorted Fruit
 Juice/Milk

Thursday, December 15

Breakfast

Pancake Wrap
 Assorted Fruit
 Juice/Milk

Lunch

Turkey Breast
 Mashed Potatoes w/Gravy
 Cornbread Stuffing
 Dinner Roll
 Green Beans
 Peach Crisp
 Cranberry Sauce

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
 Apple Slices
 Juice/Milk



We hope your Holidays this year are the best ones ever!



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!