

Menus for December 2024

Dry Creek Joint
Elementary School District

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

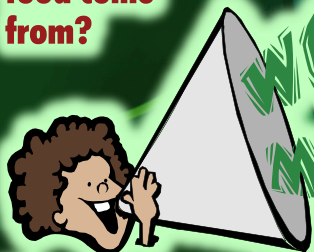
NUTRITION TO GO

Throughout the year (and especially during the holidays) try to make sure your family meals start with high-fiber and low-calorie raw veggies, salad, or broth-based soup. You'll feel fuller and eat less of the heavier, less healthy stuff for dinner. All of these things take some time to eat, too, giving your stomach time to catch up to your eyes!

A QUICK BITE FOR PARENTS

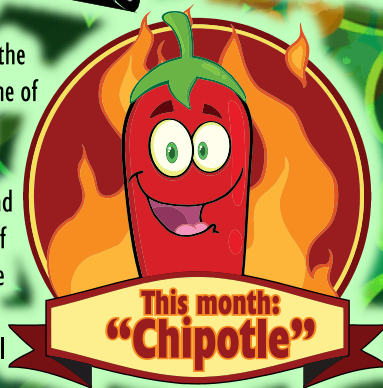
This institution is an equal opportunity provider. Menus are subject to change.

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



WORDS OF MOUTH

Before it was the familiar name of a popular eating establishment, "chipotle" was (and still is) the name of a kind of food. The word is a Spanish version of a Central Mexican Native word, "chilpocli," which means "smoked chili" -- and that's exactly what chipotles are. Some of the green jalapeños are left on the vine to turn deep red and become somewhat shriveled, like grapes turning into raisins. These super ripe peppers are then put in a chamber and wood-smoked until nearly all the moisture is gone. Chipotles lend a smoky, medium-spicy flavor to soups, bean dishes, sauces, and rubs.



Monday, December 2

Breakfast
BREAKFAST PIZZA
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
PASTA WITH MEAT SAUCE

Tuesday, December 3

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE SANDWICH
OR
BEEF TACO

Wednesday, December 4

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN PATTY SANDWICH

Thursday, December 5

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN BOWL

Friday, December 6

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI AND CHEESE
OR
CHICKEN TENDERS

COOKIE

Monday, December 9

Breakfast
SCONE
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, December 10

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE EMPANADA
OR
BEEF TACO

Wednesday, December 11

Breakfast
BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHEESEBURGER
& FRIES

Thursday, December 12

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

Friday, December 13

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN AND CHEESE BURRITO
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE



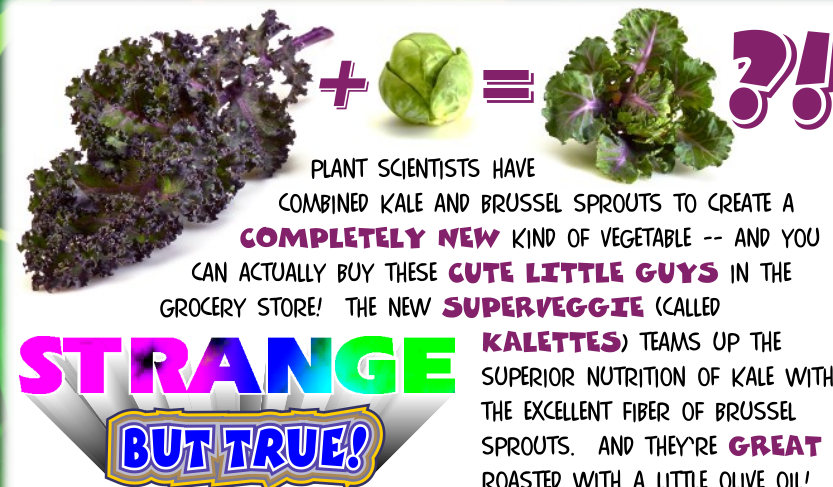
Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

Start here!



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



Monday, December 16

Breakfast
BREAKFAST PIZZA
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(MINI PANCAKES,
HASHBROWN & YOGURT)
OR
PASTA WITH MEAT SAUCE

Tuesday, December 17

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE SANDWICH
OR
BEEF TACO

Wednesday, December 18

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN PATTY SANDWICH

Thursday, December 19

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN BOWL

Friday, December 20

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
CHEF'S CHOICE

COOKIE

SEE YOU IN

2025
HAPPY
NEW
YEAR!

Last day
of school:
Friday,
December 20

Classes
resume:
Monday,
January 6