



Orange County Schools Hillsborough ES Menus for December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
December 2 Pancake on a Stick Chicken Wrap or Cheeseburger on Bun or Nacho Snack Pack Carrots Tater Tots Fruit Choice	December 3 Bacon & Cheese Biscuit Chicken Fajita Rice Bowl or Beef Teriyaki Bites w/Rice Mexicali Corn Pinto Beans Fruit Choice	December 4 Strawberry Bagel Bar Corn Dog or Manager's Entrée Choice or Nacho Snack Pack Deli Potato Roasters Seasoned Greens Fruit Choice	December 5 Sweet Bread Slice Macaroni & Cheese w/Chicken Nuggets or Pork BBQ w/Corn Muffin Cole Slaw Green Beans Fruit Choice	December 6 Manager's Choice Entrée Assorted Pizza or Nacho Snack Pack Buttered Corn Carrots w/Dip Fruit Choice
December 9 Pancakes Hot Ham & Cheese on Croissant or Cheeseburger on Bun or Pizza Fun Box Vegetable Soup Oven Fries Fruit Choice	December 10 Sausage Biscuit Loaded Beef Nachos or Loaded Chicken Nachos Pinto Beans Salsa Fruit Choice	December 11 Banana Bread Mandarin Chicken w/Rice or Chicken Dumplings or Pizza Fun Box Oriental Vegetable Blend Broccoli Fruit Choice	December 12 Honey Bun Roasted Turkey w/Gravy & Stuffing or Manager's Entrée Choice Green Beans Sweet Potatoes Baked Apple Slices	December 13 Manager's Choice Entrée Assorted Pizza or Pizza Fun Box Buttered Corn Vegetable Choice Fruit Choice
December 16 No School Intersession	December 17 No School Intersession	December 18 No School Intersession	December 19 No School Intersession	December 20 No School Intersession
December 23 No School Winter Break	December 24 No School Winter Break	December 25 No School Winter Break	December 26 No School Winter Break	December 27 No School Winter Break
December 30 No School Winter Break	December 31 No School Winter Break	Meal Prices Breakfast: Free Lunch: \$2.75 Adults: A la carte pricing Menus are subject to change.	Daily Alternate Breakfast Entrée Options include: Cereal w/Graham Crackers Assorted Grab & Go Options	Breakfast includes 100% Fruit Juice and Fruit Choice, Breakfast and Lunch include choice of fat-free chocolate or 1% milk.

Families Making the Connection

Celebrate the Healthy Way!

Schools have many reasons to celebrate – birthdays, holidays, team wins, good grades, etc.! Often those celebrations involve food – sugary drinks, cupcakes, donuts, cookies, ice cream, or candy. These types of foods don't offer nutrients to nourish students and help them focus and learn. Families can suggest and help with different strategies to celebrate and support health. Learn more at www.actionforhealthykids.org/activity/healthy-active-parties.

- Work with your school to find healthy ways to recognize special events or accomplishments. Try options that don't involve food or screens like time for reading, listening to music, or participating in active games, sports, or dancing.

- Offer water, 100% juice, and/or lowfat or fat free milk instead of sodas or other drinks that have sugar and caffeine.
- Include nutritious options if you do have food for a party like fruits, vegetables, whole grains, and/or lowfat or fat free dairy. Some ideas are whole grain tortilla chips with salsa, fruit with a yogurt dip, parfaits with fruit, yogurt, and whole grain cereal, veggies with lowfat dressing, or smoothies. Check to see if you can purchase nutritious, fun snacks from your School Nutrition Program for events.
- Read food labels to make smart choices. Be careful of any food allergens for students and staff.
- Make sure everyone can participate, celebrate, and have fun