



Orange County Schools Middle School Menus for December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
December 2 Sausage, Egg. Cheese Croissant Pizza Bites or Chicken Fajita Sweet Potato Fries Pinto Beans Fruit Choice	December 3 Sweet Bread Slice BYO Burrito Bowl or Chicken Quesadilla Spicy Black Beans Tomato Salsa Fruit Choice	December 4 French Toast Sticks Chicken Pot Pie or Assorted Pizza Sweet Potatoes Collard Greens Fruit Choice	December 5 Eggs, Sausage, and Toast Chicken Wings w/Roll or Cheeseburger on Bun Ranch Roasted Potatoes Green Beans Fruit Choice	December 6 Ham & Cheese Croissant Assorted Pizza Fresh Carrots w/Dip Tossed Garden Salad Fruit Choice
December 9 Sausage Croissant Pizza Dippers or Chicken Chunks French Fries Black-eyed Peas Fruit Choice	December 10 Pancake & Chicken Sandwich Local Cheeseburger on Bun or Honey Sriracha Glazed Chicken w/Rice Steamed Carrots Broccoli Fruit Choice	December 11 Muffin Lasagna Roll-Up or Assorted Pizza Tossed Garden Salad Corn Fruit Choice	December 12 Honey Bun Roasted Turkey w/Gravy & Roll or Manager's Entrée Choice Mashed Potatoes Green Beans Baked Apple Slices	December 13 Egg & Cheese Croissant Assorted Pizza Ranch Roasted Vegetables Fresh Cucumbers w/Dip Fruit Choice
December 16 Bacon & Cheese Croissant Grilled Cheese Sandwich or Mac & Cheese w/Sausage Biscuit Tomato Soup Collard Greens Fruit Choice	December 17 Sausage Pancake on a Stick Beefaroni w/Texas Toast or Chicken Tenders French Fries Corn Fruit Choice	December 18 Dunkin Stix Hot Ham & Cheese Sandwich or Assorted Pizza Green Peas Glazed Carrots Fruit Choice	December 19 Warm Cinnamon Roll Pork BBQ w/Corn Muffin or Fish Nuggets w/Corn Muffin Baked Beans Cole Slaw Fruit Choice	December 20 Chicken Croissant Assorted Pizza Steamed Cabbage Fresh Tomatoes w/Dip Fruit Choice
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: \$1.75 Lunch: \$3.25 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

Nutrition Byte

Celebrate the Healthy Way!

It seems like every time you head to school or class there is another event 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 help you look, learn, and feel your best so try some different strategies to celebrate and treat your body right! **Nutrilink:** Learn more at www.actionforhealthykids.org/activity/healthy-active-parties.

- Work with your class 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 - 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 you, other students, and staff.
- Make sure everyone can participate, celebrate, and have fun!