



## Orange County Schools Pre-K Menus for December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 2</b> <b>Whole Grain Cereal</b>  <b>Chicken Wrap</b> Carrots Fruit Choice	<b>December 3</b> <b>Bacon &amp; Cheese Biscuit</b>  <b>Chicken Fajita Rice Bowl</b> Pinto Beans Fruit Choice	<b>December 4</b> <b>Strawberry Bagel Bar</b>  <b>Nacho Snack Pack</b> Deli Potato Roasters Fruit Choice	<b>December 5</b> <b>Banana Bread Slice</b>  <b>Macaroni &amp; Cheese</b> Green Beans Fruit Choice	<b>December 6</b> <b>Manager's Choice Entrée</b>  <b>Assorted Pizza</b> Buttered Corn Fruit Choice
<b>December 9</b> <b>Pancakes</b>  <b>Cheeseburger on Bun</b> Oven Fries Fruit Choice	<b>December 10</b> <b>Sausage Biscuit</b>  <b>Loaded Nachos</b> Pinto Beans Fruit Choice	<b>December 11</b> <b>Banana Bread Slice</b>  <b>Mandarin Chicken w/Rice</b> Broccoli Fruit Choice	<b>December 12</b> <b>Whole Grain Cereal</b>  <b>Roasted Turkey w/Gravy &amp; Stuffing</b> Sweet Potatoes Baked Apple Slices	<b>December 13</b> <b>Manager's Choice Entrée</b>  <b>Assorted Pizza</b> Buttered Corn Fruit Choice
<b>December 16</b> <b>Waffle</b>  <b>Grilled Cheese Sandwich</b> Oven Fries Fruit Choice	<b>December 17</b> <b>Whole Grain Cereal</b>  <b>Chicken Nuggets</b> Hash Browns Fruit Choice	<b>December 18</b> <b>Chicken Biscuit</b>  <b>Beef Soft Taco w/Trimming</b> Seasoned Black Beans Fruit Choice	<b>December 19</b> <b>Muffin</b>  <b>Salisbury Steak w/Rice</b> Green Beans Fruit Choice	<b>December 20</b> <b>Manager's Choice Entrée</b>  <b>Assorted Pizza</b> Broccoli Fruit Choice
<b>December 23</b>  No School Winter Break	<b>December 24</b>  No School Winter Break	<b>December 25</b>  No School Winter Break	<b>December 26</b>  No School Winter Break	<b>December 27</b>  No School Winter Break
<b>December 30</b>  No School Winter Break	<b>December 31</b>  No School Winter Break	<b>Menus are subject to change.</b>	Breakfast includes: Fruit Choice 1% Milk	Lunch includes: 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](http://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!