

Menu & December 2024

Blairsville & Saltsburg
Elementary

'Tis the Season!



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.



Merry Christmas

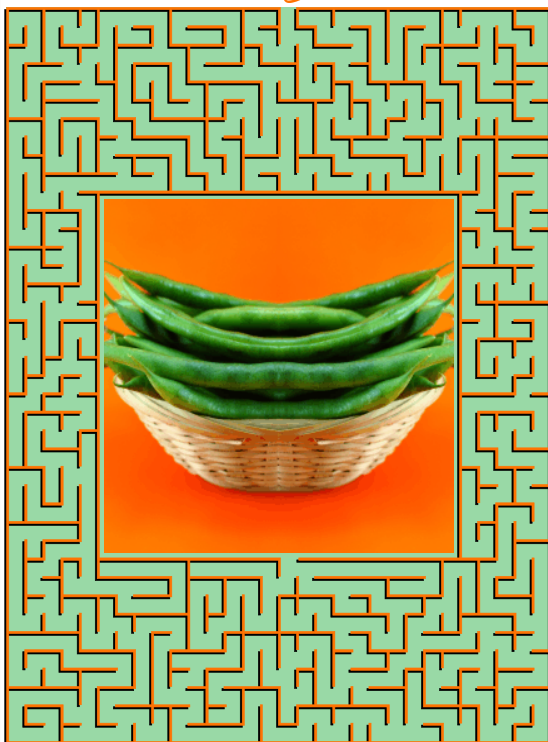
Monday, December 2	Tuesday, December 3	Wednesday, December 4	Thursday, December 5	Friday, December 6
<u>NO SCHOOL</u>	<u>Breakfast</u> Plain Yogurt w Granola Choice of Fruit & or Fruit Juice Milk Choice	<u>Breakfast</u> Orange Dream Mini Loaf Choice of Fruit & or Fruit Juice Milk Choice	<u>Breakfast</u> Crumbles & Cream Benefit Bar Choice of Fruit & Fruit Juice Milk Choice	<u>Breakfast</u> Super Bakery Powdered Minis Choice of Fruit & or Fruit Juice Milk Choice
<u>TODAY</u> Need Extra Holiday Spending Money? Work a few hours with us subbing while your kids are in school Call the food service office for details (724) 343-8417	<u>Lunch</u> Grilled Cheese Sandwich Juicy Chicken Patty Creamy Tomato Soup Fresh Celery Sticks	<u>Lunch</u> Cheese Steak Hoagie w Lettuce Boneless Wing Boat w Garlic Bread Stick Garden Salad Lite Dressing Fresh Broccoli Florets	<u>Lunch</u> Popcorn Chicken Mashed Potato Cheese & Gravy Bowl W.G. Dinner Roll Wow Butter Jammer Cheese Stick & Crackers Golden Kernel Corn Sliced Beets	<u>Lunch</u> Personal Pizza Crispy Fish Sticks Whole Baby Peeled Carrots Seasoned Peas
Monday, December 9	Tuesday, December 10	Wednesday, December 11	Thursday, December 12	Friday, December 13
<u>Breakfast</u> Super Bakery Blueberry Munchkins Choice of Fruit & or Fruit Juice Milk Choice	<u>Breakfast</u> Apple Frudel Choice of Fruit or Fruit Juice Milk Choice	<u>Breakfast</u> Cinnamon Dunkin Stix Choice of Fruit & or Fruit Juice Milk Choice	<u>Breakfast</u> Banana C.C. Benefit Bar Choice of Fruit & or Fruit Juice Milk	<u>Breakfast</u> Strawberry Cream Cheese Bagel Stick Choice of Fruit & or Fruit Juice Milk Choice
<u>Lunch</u> Chicken Nuggets w Dipping Sauce W.G. Corn Dog Oven Fries Three Bean Salad	<u>Lunch</u> Meatballs w Gravy over Buttered Noodles W.G. D. Roll Juicy Chicken Patty Glazed Carrots Fresh Cucumber & Grape Tomato	<u>Lunch</u> Rotini W Meat Sauce & Garlic Bread Stick Boneless Wing Boat w Garlic Bread Stick Garden Salad w Lite Dressing	<u>Lunch</u> Mandarin Orange Chicken Over Rice W.G. Dinner Roll Wow Butter Jammer w Cheese Stick & Crackers Steamed Broccoli Fresh Red Pepper Strips	<u>Lunch</u> Homestyle Mozzarella Bread Sticks w Side of Marinara Sauce Fish Sticks Garden Salad w Lite Dressing



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

Here's wishing you a bright and happy holiday season!



George Coutsoumbis
Food Service Director
& all the Child Nutrition
Staff at your school



Monday, December 16

Breakfast

Cocoa Bread Slice
Choice of Fruit & or
Fruit Juice Milk
Choice

Lunch

Bacon Cheese Burger
W.G. Corn Dog
Homemade Baked
Beans
Three Bean Salad

Tuesday, December 17

Breakfast

Dinner Roll &
Cheese Stick
Choice of Fruit & or
Fruit Juice Milk
Choice

Lunch

French Toast Slices w
Warm Syrup & Ember
Farms Sausage Link
Juicy Chicken Patty
Baked Hash Browns
Baby Whole Peeled
Carrots

Wednesday, December 18

Breakfast

Super Bakery Ring
Choice of Fruit & or
Fruit Juice Milk
Choice

Lunch

Beef & Cheese
Nachos Grande
Salsa & Sour Cream
W.G. Dinner Roll
Boneless Wing Boat
w Garlic Bread Stick
Refried Beans
Fresh Broccoli Florets

Thursday, December 19

Breakfast

Banana C.C. Benefit Bar
Choice of Fruit & or
Fruit Juice Milk

Lunch

Holiday Ham w .
D. Roll
Cheesy Potatoes
Green Bean
Casserole
Wow Butter Jammer
w Cheese Stick &
Crackers

Friday, December 20

Breakfast

Super Bakery
Cocoa Minis
Choice of Fruit & or
Fruit Juice Milk
Choice

Lunch

French Bread Pizza
Crispy Fish Sticks
Garden Salad w Lite
Dressing
Seasoned Peas

SEE YOU IN

**HAPPY
NEW
YEAR!**

2025

Last day
of school:
Friday,
December 20

Classes
resume:
Monday,
January 6

*FRUIT CHOICE AND MILK CHOICE AVAILABLE EVERY DAY WITH LUNCH *