

Menus for December 2020

CNMI Public School System Child Nutrition Program

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

Tuesday, December 1

Breakfast
Garlic Fried Rice
Sausage Links
Fruit

Lunch
BBQ Chicken with Red Rice
Corn
Potato Salad
Fruit

Wednesday, December 2

Breakfast
French Toast with Syrup
Fruit

Lunch
Honey Glazed Chicken with Rice
Carrots
Local Vegetables
Fruit

Thursday, December 3

Breakfast
Macaroni and Cheese
Fruit


Lunch
Grilled Ham with Rice
Sweet Potato Fries
Beans
Fruit
Flavored Milk

Friday, December 4

Breakfast
Ground Beef and Vegetable
Omelet
Fruit

Lunch
Spaghetti Bolognese
Dinner Roll
Local Vegetables
Garlic Spinach
Fruit

HOLIDAY ESSENTIALS.



We're all having to make adjustments this holiday season. But amidst all the change, let's not forget to thank the essential workers who face even more upheaval to help keep us all safe!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, December 7

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Adobo with Rice
Potato Wedges
Carrots and Peas
Fruit

Tuesday, December 8

Constitution Day
Public Schools Closed
No Grab and Go

Breakfast
Tropical Storm Fried Rice
Fruit

Lunch
Cheese Pizza
Veggie Sticks and Dip
Beans
Fruit

Wednesday, December 9

Breakfast
Pancake with Syrup
Bacon
Fruit

Lunch
Beef Steak with Peas and Onions
Red Rice
Broccoli
Fruit

Thursday, December 10

Breakfast
Sausage and Egg Scramble with Rice
Fruit

Lunch
Marianas BBQ Burger
Sandwich Sides (Lettuce, Tomato, Bell Pepper)
Sweet Potato Fries
Fruit
Flavored Milk

Friday, December 11

Breakfast
Banana Bread
Fruit

Lunch
Tuna Salad Sandwich
Sandwich Sides (Lettuce, Tomato, Cucumber, Bell Pepper)
Japanese Salad
Fruit

NUTRITION TO GO

Humans have cultivated grapes longer than almost any other fruit. Scientists now tell us that grapes are loaded with a substance called "ellagic acid," which helps the body fight off production of cancer cells. The skin of red grapes also slows the buildup of bad LDL cholesterol.

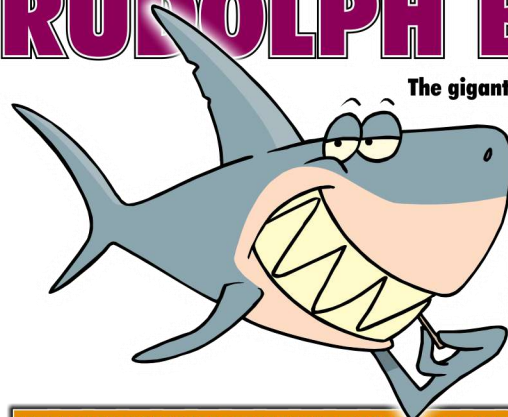
A QUICK BITE FOR PARENTS



In the northern hemisphere, December 21 is the shortest day of the year

In the southern hemisphere, it's the longest day

RUDOLPH BEWARE



The gigantic Greenland Shark thrives in the frigid waters of the northern oceans, where it grows to as much as 24 feet long and may live for 200 years. Greenland Sharks mainly snack on fish and seals, but they'll also scavenge anything that's fallen through the ice, from polar bears to horses -- they'll even go for a reindeer that strays too close to the water's edge!

ANIMAL APPETITES



Holiday Bullseye!

Turkey is the star attraction on many of our Holiday tables -- and this tasty bird is a nutrition star, too!

Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

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

Monday, December 14

Breakfast

Assorted Cereal
Fruit

Lunch

Beef Lasagna
Garlic Cauliflower and Broccoli
Corn
Fruit

Tuesday, December 15

Breakfast

Fried Rice with Portuguese
Sausage
Fruit

Lunch

Chicken Burger
Potato Wedges
Broccoli
Fruit

Wednesday, December 16

Breakfast

Ham and Cheese Roll
Fruit

Lunch

Oven Fried Chicken
Red Rice
Sautéed Spinach
Corn
Fruit

Thursday, December 17

Breakfast

Grilled Cheese Sandwich
Fruit

Lunch

Chicken Curry with Rice, Carrots,
Local Vegetables
Fruit
Flavored Milk

Friday, December 18

Breakfast

Fried Rice with Chicken Nuggets
Fruit

Lunch

Turkey with Gravy
and Mashed Potatoes
Dinner Roll
Carrots, Beans
Fruit

Monday, December 21

Breakfast

Assorted Cereal
Fruit

Lunch

Pork Adobo with Rice
Green Peas and Carrots
Sesame Broccoli
Fruit

Tuesday, December 22

Breakfast

Fried Rice with Grilled Ham
Fruit

Lunch

Hawaiian Pizza
Veggie Sticks and Dip
Corn and Bean Salad
Fruit

Wednesday, December 23

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Breaded Fish with Sauce
Red Rice
Local Vegetables
Fruit

Thursday, December 24

No Grab and Go Available

Breakfast

Pan de Sal with
Egg and Cheese
Fruit

Lunch

Beef Bulgogi with Rice
Bell Peppers, Bean Sprouts,
Carrots, and Onions
Fruit
Flavored Milk

Happy Holidays!



Beware of Mistletoe!

Monday, December 28

Grab and Go Available to Public School Students While Supplies Last

Breakfast

Assorted Cereal
Fruit

Lunch

Beef Broccoli with Rice
Mixed Vegetables
Fruit

Tuesday, December 29

Grab and Go Available to Public School Students While Supplies Last

Breakfast

Garlic Fried Rice
Sausage Links
Fruit

Lunch

BBQ Chicken with Red Rice
Corn
Potato Salad

Wednesday, December 30

Grab and Go Available to Public School Students While Supplies Last

Breakfast

French Toast with Syrup
Fruit

Lunch

Honey Glazed Chicken with Rice
Carrots
Local Vegetables

Thursday, December 31

No Grab and Go Available

Breakfast

Macaroni and Cheese
Fruit

Lunch

Grilled Ham with Rice
Sweet Potato Fries
Beans
Fruit
Flavored Milk

Catch You in 2021!

Friday, December 25

Friday, January 1