

Menus for December 2021

CNMI Public School System Child Nutrition Program

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



OUR NATION'S HISTORY

Eighty years ago this month, on December 7, 1941, more than 2,400 U.S. servicemen were killed in a surprise attack on Pearl Harbor in Hawaii. In a famous speech the next day, President Franklin Delano Roosevelt said that the date of the attack would “live in infamy.” Nearly half of those killed were on the U.S.S. Arizona, and the sunken remains of that ship still rest on the harbor floor, below the U.S.S. Arizona Memorial museum and shrine.



WITH LIBERTY & JUSTICE FOR ALL

Wednesday, December 1

Breakfast
Grilled Cheese Sandwich
Fruit

Lunch
Beef Bulgogi w/ Bell Peppers
Bean Sprouts & Onions
Carrots
Steamed Rice
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, December 2

Breakfast
Grilled Ham
Fried Rice
Fruit

Lunch
Spaghetti Bolognese
Dinner Roll
Garlic Spinach
3 Bean Salad
Fruit

Secondary Second Choice
Chicken Kelaguen with Titiyas
Vegetable Sticks and Dip
Japanese Salad
Fruit

Friday, December 3

Breakfast
Pancakes w/ Syrup
Bacon
Fruit

Lunch
Breaded Fish w/ Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

EAT WITH YOUR HANDS.

Just how big is a “serving”? It’s hard to tell. And that means we sometimes eat WAY more than we think we do. So look at it this way: a cup is about the size of a fist, an ounce of cheese is as big as a thumb, and a 3 oz. serving of meat, fish, or chicken fills up your palm.



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

Monday, December 6

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Alfredo w/Spinach
Garden Salad
Local Vegetables
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, December 7

Breakfast
Tropical Storm Fried Rice
Fruit

Lunch
Turkey and Gravy
Dinner Roll
Mashed Potatoes
Steamed Carrots
Fruit

Secondary Second Choice
Thai Beef Noodle Bowl
Bell Peppers & Carrots
Mixed Vegetables
Fruit

Wednesday, December 8

**Constitution
Day
Public Schools Closed**

Breakfast
Macaroni & Cheese
Fruit

Lunch
Beef & Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Thursday, December 9

Breakfast
Fried Rice with
Chicken Nuggets
Fruit

Lunch
Pepperoni Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice
Hawaiian Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, December 10

Breakfast
French Toast w/Syrup
Sausage
Fruit

Lunch
Pork Adobo with Peas and Carrots
Steamed Rice
Broccoli
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

NUTRITION TO GO

Kids need more calcium than anybody else -- 1300 mg a day. But they typically get far less than that. Indeed, girls 14-18 average only about HALF the calcium they need. A few good sources of calcium are milk, calcium-fortified orange juice, and lowfat yogurt, each of which contain about 300 mg of calcium per cup.

A QUICK BITE FOR PARENTS

Monday, December 13

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Curry with
Carrots and Potato Chunks
Steamed Broccoli
Steamed Rice
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, December 14

Breakfast
Fried Rice with
Portuguese Sausage
Fruit

Lunch
Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice
Chicken Burger
Sandwich Sides
Sweet Potato Fries
Fruit

Wednesday, December 15

Breakfast
Ham & Cheese Roll
Fruit

Lunch
Breaded Chicken with Gravy
Mashed Potatoes
Dinner Roll
3 Bean Salad
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, December 16

Breakfast
Sausage Patty with
Garlic Rice
Fruit

Lunch
Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice
Tuna Salad Sandwich
Whole Grain Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, December 17

Breakfast
Pancakes w/Syrup
Bacon
Fruit

Lunch
Breaded Fish w/Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Cr

No break for Covid.

Guess what? The Pandemic doesn't know when we're celebrating holidays. Truth is, Covid *never* takes a day off. And that's even more true, unfortunately, over the Winter break when we're more likely to be interacting with family and other folks who might be from out of town or we might not see all the time. We urge our families not to let your guard down! Continue to be aware of high risk situations and be sensitive to those who may be most vulnerable. Wear a mask when you should and keep washing those hands!

School Meals
We serve education every day™

Monday, December 20

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Burger
Potato Wedges
Broccoli
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Tuesday, December 21

Breakfast
Ground Beef & Vegetable Omelet
Steamed Rice
Fruit

Lunch
Grilled Ham Steak
Steamed Rice
Sweet Potato Fries
Texas BBQ Beans
Fruit

Secondary Second Choice
Sub Sandwich on WGR Roll
Honey Onion Dressing
Vegetable Sticks & Dip
Fruit

Wednesday, December 22

Breakfast
Pan de Sal with
Egg & Cheese
Fruit

Lunch
Beef Steak with Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice
Salad Bar / packed Salad
Whole Grain Roll or Crackers
Fruit

Thursday, December 23

Breakfast
Sausage and Egg Scramble
Steamed Rice
Fruit

Lunch
Cheese Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice
Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit



**From
The Child Nutrition Program
and your school meals
provider team!**



**We'll see you
again in 2022!**

Winter Holiday begins
at the end of classes
**Thursday,
December 23**

Classes resume
Monday, January 3

Felis Pasgua yan Ano Nuevo

