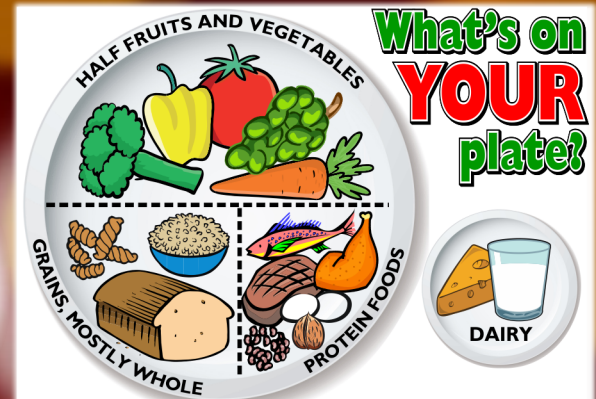


# Menus for December 2022

CNMI Public School System, Child Nutrition Program

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



## Into the frying pan, out of the fryer!

Think all fried foods are bad for your health? True, most deep-fat-fried foods are very high in calories and fat, but not all "fried" foods are created equal. Stir-frying uses only a little bit of healthful oil, like olive oil, and keeps veggies crispy and tasty and sliced lean meat or chicken flavorful and healthy!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



## FRUIT Strawberries

Strawberries are the most popular berries, and they're nutritious, too. A half-cup of strawberries supplies nearly three quarters of your daily vitamin C and more fiber than a slice of whole wheat bread.

## OF THE MONTH

Thursday, December 1

### Breakfast

Grilled Ham with Fried Rice  
Fruit

### Lunch

Spaghetti Bolognese  
WGR Roll  
Garlic Spinach  
3 Bean Salad  
Fruit

### Secondary Second Choice

Chicken Kelaguen  
Titiyas  
Vegetable Sticks and Dip  
Japanese Salad  
Fruit

Friday, December 2

### Breakfast

Pancakes with Syrup  
Bacon  
Fruit

### Lunch

Breaded Fish with Sauce  
Red Rice  
Potato Wedges  
Local Vegetables  
Flavored Milk  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

Monday, December 5

### Breakfast

Assorted Cereal  
Fruit

### Lunch

Kung Pao Chicken  
with Bell Peppers  
Steamed Rice  
Sesame Broccoli  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

Tuesday, December 6

### Breakfast

Fried Rice with Chicken Nuggets  
Fruit

### Lunch

Turkey & Gravy  
WGR Roll  
Mashed Potato  
Steamed Carrots  
Fruit

### Secondary Second Choice

Thai Beef Noodle Bowl  
Bell Peppers & Carrots  
Mixed Vegetables  
Fruit

Wednesday, December 7

### Breakfast

Mac & Cheese  
Fruit

### Lunch

Beef Broccoli  
Steamed Rice  
Mixed Vegetables  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

Thursday, December 8

**Constitution Day  
Public Schools Closed**

### Breakfast

Sausage Patty with Garlic Rice  
Fruit

### Lunch

Cheese Pizza  
Vegetable Sticks & Dip  
3 Bean Salad  
Fruit

Friday, December 9

### Breakfast

French Toast with Syrup  
Sausage  
Fruit

### Lunch

Chicken Alfredo with Spinach  
Garden Salad  
Local Vegetables  
Flavored Milk  
Fruit

### Secondary Second Choice

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

## Brain Ticklers

What do you call someone who's afraid of jolly, bearded fat men in red suits?

(Hold the page upside down and read it in a mirror for the answer!)

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**Monday, December 12**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

Chicken Curry with  
Carrots and Potatoes  
Broccoli  
Steamed Rice  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, December 13**

**Breakfast**

Fried Rice with Portuguese  
Sausage  
Fruit

**Lunch**

Cheeseburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Secondary Second Choice**

Chickenburger  
Sandwich Sides  
Sweet Potato Fries  
Fruit

**Wednesday, December 14**

**Breakfast**

Ham and Cheese Roll  
Fruit

**Lunch**

Breaded Chicken with Gravy  
Mashed Potato  
3 Bean Salad  
WGR Roll  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, December 15**

**Breakfast**

Sausage & Egg Scramble  
Steamed Rice  
Fruit

**Lunch**

Beef Lasagna  
Garlic Cauliflower & Broccoli  
Corn  
Fruit

**Secondary Second Choice**

Tuna Salad Sandwich on WGR Bun  
Sandwich Sides  
Japanese Salad  
Fruit

**Friday, December 16**

**Breakfast**

Pancakes with Syrup  
Bacon  
Fruit

**Lunch**

Chicken Piccata  
Garden Salad  
Local Vegetables  
Flavored Milk  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Monday, December 19**

**Breakfast**

Assorted Cereal  
Fruit

**Lunch**

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

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Tuesday, December 20**

**Breakfast**

Sausage Links  
Garlic Fried Rice  
Fruit

**Lunch**

Chicken Burger  
Potato Wedges  
Broccoli  
Fruit

**Secondary Second Choice**

Subway Sandwich with  
Honey Onion Dressing on  
WGR Bun  
Vegetable Sticks & Dip  
Fruit

**Wednesday, December 21**

**Breakfast**

Pan de Sal with Egg & Cheese  
Fruit

**Lunch**

Beef Steak with Green Peas &  
Onions  
Red Rice  
Local Vegetables  
Broccoli  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

**Thursday, December 22**

**Breakfast**

Tropical Storm Fried Rice  
Fruit

**Lunch**

Pepperoni Pizza  
Vegetable Sticks & Dip  
Fruit

**Secondary Second Choice**

Buffalo Chicken Wrap  
Vegetable Sticks & Dip  
Japanese Salad  
Fruit

**Friday, December 23**

**Breakfast**

French Toast with Syrup  
Sausage  
Fruit

**Lunch**

BBQ Chicken  
Red Rice  
Corn and Potato Salad  
Flavored Milk  
Fruit

**Secondary Second Choice**

Salad Bar/Packed Salad  
WGR Roll or Crackers  
Fruit

# Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

brownie butter chocolate danish fudge  
gravy ice cream margarine  
mayonnaise pie sugar cookie syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

## FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

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

We wish you & your family a warm & happy holiday season!

From the Child Nutrition Program at  
CNMI Public School System



# Time to turn the page!

Winter Holiday begins at the end of classes

**Fri., Dec. 23**

Classes resume:

**Mon., Jan. 5**

We look forward to serving you in 2023!