

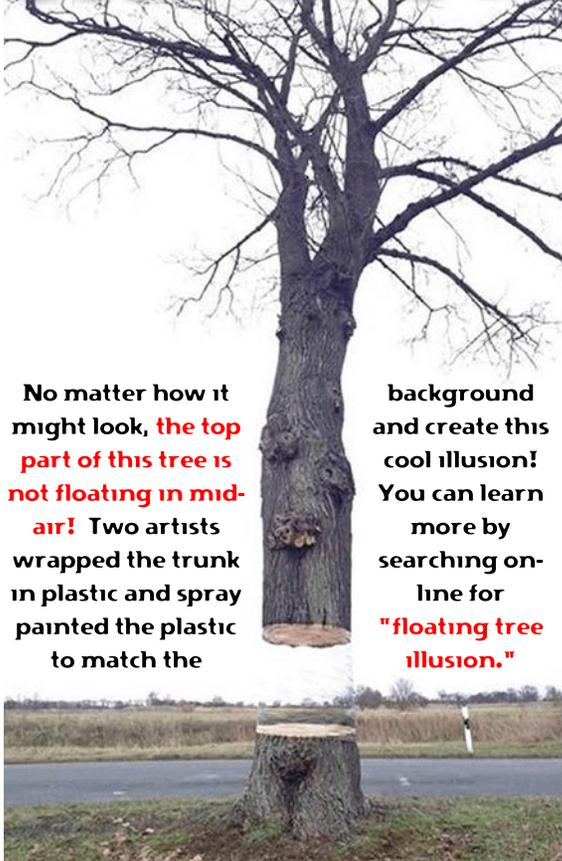


Menus for December 2016

Londonderry Elementary Schools

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

Only an Illusion



No matter how it might look, the top part of this tree is not floating in mid-air! Two artists wrapped the trunk in plastic and spray painted the plastic to match the

background and create this cool illusion! You can learn more by searching on-line for "floating tree illusion."

GERM WARFARE.



The folks who work in your school restaurant wash their hands all the time! And YOU should wash your hands anytime you think they might be dirty. It's one of the easiest ways to fight germs and stay healthy!

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

Thursday, December 1

Appetizer Platter w/ Graham Crackers
Yogurt/Bagel Lunch-able

Cucumber Slices
Butternut Squash
Raisins

Friday, December 2

Gill's Fresh Pizza
Italian Sub
Yogurt/Bagel Lunch-able

Greek Salad
Corn
Peaches

Monday, December 5

Chicken Nuggets w/ Breadstick
Baked Ziti w/ Breadstick
Nacho Lunch-able

Caesar Salad
Corn
Pears

Tuesday, December 6

French Toast w/ Sausage
Cheeseburger
Nacho Lunch-able

Hash Browns
Carrot Sticks
Fruit Cocktail

Wednesday, December 7

Hot Dog on Bun
Cheese Quesadilla w/ Salsa
Nacho Lunch-able

Baked Beans
Green Beans
Applesauce

Thursday, December 8

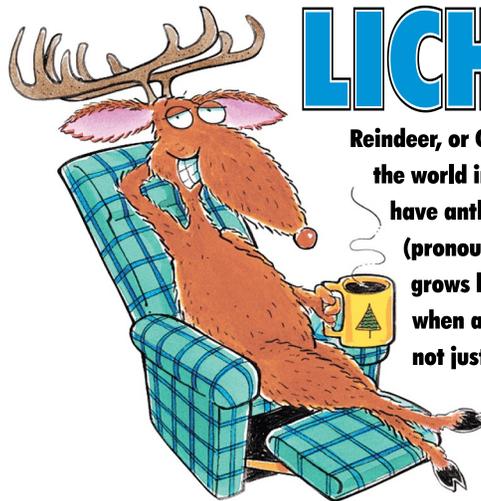
Chicken Tenders w/ Breadstick
Turkey Pot Pie w/ Stuffing
Nacho Lunch-able

Steamed Carrots
Roasted Chick Peas
Apple Crisp

Friday, December 9

Sal's Square Pizza
Turkey Sub
Nacho Lunch-able

Celery Sticks
Italian Wedding Soup
Peaches



LICHEN LIFE

Reindeer, or Caribou, are the only deer species in the world in which both the males and females have antlers. Reindeer eat a lot of lichen (pronounced "like-en"), a moss-like plant that grows low to the ground in Arctic regions. So when a reindeer's munching some moss, he's not just lovin' life -- he's "lichen" it, too!

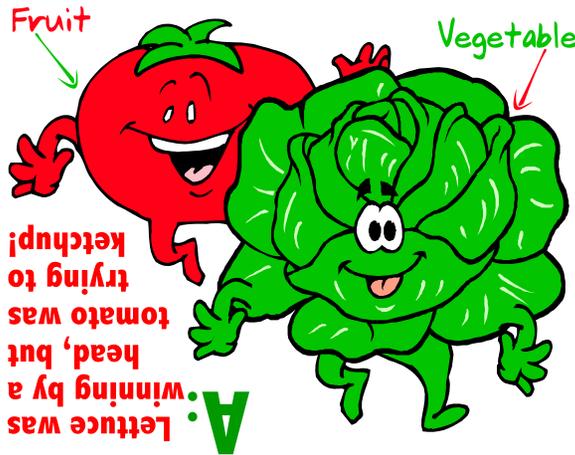


Baked Beans may seem a little old-fashioned these days, but they're convenient, tasty, and a nutritional powerhouse. One half-cup delivers 7 grams of fiber – that's about 30% of the Recommended Daily Allowance – along with good amounts of iron and other vitamins and minerals. And they're super-low in saturated fat and cholesterol, too!





Q: What happened in the race between lettuce and tomato?



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

| Monday, December 12 | Tuesday, December 13 | Wednesday, December 14 | Thursday, December 15 | Friday, December 16 |
|--|---|--|---|---|
| Popcorn Chicken w/ Pretzel Ham & Cheese Croissant Chef Salad w/ Cheesy Breadstick | Breakfast Platter Grilled Cheese Sandwich Chef Salad w/ Cheesy Breadstick | Appetizer Platter w/ Graham Crackers Turkey and Cheese Sandwich Chef Salad w/ Cheesy Breadstick | Cheeseburger on Roll with Lettuce, Tomatoes, Pickles BBQ Pork Sandwich Chef Salad w/ Cheesy Breadstick | Gill's Fresh Pizza Italian Sub Chef Salad w/ Cheesy Breadstick |
| Spinach Squares Baked Sweet Potato Fries Fruit Cocktail | Celery Sticks Tomato Soup Mandarin Oranges | Green Beans Baby Carrots Sliced Apples | French Fries Refried Beans Raisins | Red Peppers Caesar Salad Applesauce |

| Monday, December 19 | Tuesday, December 20 | Wednesday, December 21 | Thursday, December 22 | Friday, December 23 |
|---|---|---|---|--|
| Chicken Tenders w/ Dinner Roll Turkey BLT Flatbread Pepperoni Pizza Lunch-able | Waffles Topped with Strawberries and Sausage Turkey Pie Pepperoni Pizza Lunch-able | Holiday Nuggets with Holiday Grahams Mac and Cheese Pepperoni Pizza Lunch-able | Bosco Stick with Dipping Sauce Beef Taco Pepperoni Pizza Lunch-able | Sal's Square Pizza Meatball Sub Pepperoni Pizza Lunch-able |
| Baby Carrots Caesar Salad Sliced Apples | Baked Beans Corn Peaches | Baby Carrots Cucumber Slices Hummus Cup Applesauce Cups | Pepper Slices Celery Sticks Pears | Steamed Carrots, Green Beans, Fruit Cocktail, Homemade Pumpkin Cookie |

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

From Londonderry Dining Services

STRANGE BUT TRUE!

EARLIER THIS YEAR, A CLOUD SHAPED EXACTLY LIKE WINNIE-THE-POOH WAS REPORTED OVER A CHILDRENS' CHARITY EVENT IN ENGLAND!

ENJOY YOUR BREAK!

Last day of school:
Fri., Dec. 23

Classes resume:
Tues., Jan. 3

SEE YOU IN 2017!