



Lee County Schools Elementary Menus for December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
December 2 Donut Hole Cup Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Cheeseburger French Fries Baked Beans Mixed Fruit Milk	December 3 Pancake Sandwich Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Chicken Alfredo Garlic Bread Stick Oven Roasted Broccoli Salad Bar Fresh Apple Slices Milk	December 4 Pillsbury Frudel Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Popcorn Chicken w Roll Mashed Potatoes Green Beans Diced Peaches Milk	December 5 Sausage Biscuit Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Teriyaki Meatballs w Egg Roll Oriental Vegetables Sweet Carrots Diced Pears Milk	December 6 Fruit Loop Waffle Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk French Bread Pizza Buttery Corn Marinara Cup Dole Fruit Gel Cup Milk
December 9 Donut Hole Cup Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Popcorn Chicken w Roll Mashed Potatoes Green beans Diced Pears Milk	December 10 Chicken Biscuit Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Meatballs in Marinara with Garlic Knot Salad Bar California Blend Fresh Apple Slices Milk	December 11 Apple Cinnamon Toast Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Premium Chicken Sandwich French Fries Baked Beans Frosted Berries Milk	December 12 Pancake on Stick Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Grilled Cheese/PB&J Vegetable Beef Soup Baby Carrots Applesauce Cup Milk	December 13 Mini Cinnamon Rolls Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Pepperoni Pizza Salad Bar Buttery Corn Mixed Fruit Milk
December 16 Donut Hole Cup Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Cheeseburger French Fries Baked Beans Mixed Fruit Milk	December 17 Pancake Sandwich Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Chicken Alfredo Garlic Bread Stick Oven Roasted Broccoli Salad Bar Fresh Apple Slices Milk	December 18 Pillsbury Frudel Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Popcorn Chicken w Roll Mashed Potatoes Green Beans Diced Peaches Milk	December 19 Sausage Biscuit Pop Tart, Cereal, Cereal Bar Juice, Fruit, Milk Teriyaki Meatballs w Egg Roll Oriental Vegetables Sweet Carrots Diced Pears Milk	December 20 Fruit Loop Waffle Pop Tarts, Cereal, Cereal Bars, Juice, Fruit, Milk Pizza Cheese Sticks Marinara Cup Veg Juice Dole Fruit Gel Cup Milk
December 23	December 24	December 25	December 26	December 27
December 30	December 31			

Nutrition Byte

Celebrate the Healthy Way!

It seems like every time you head to school or class there is another event to celebrate – birthdays, holidays, team wins, good grades, etc.! Often those celebrations involve food – sugary drinks, cupcakes, donuts, cookies, ice cream, or candy. These types of foods don't offer nutrients to help you look, learn, and feel your best so try some different strategies to celebrate and treat your body right! **Nutrilink:** Learn more at www.actionforhealthykids.org/activity/healthy-active-parties.

- Work with your class to find healthy ways to recognize special events or accomplishments. Try options that don't involve food or screens like time for reading, listening to music, or participating in active games, sports, or dancing.
- Offer water, 100% juice, and/or lowfat or fat free milk instead of sodas or other drinks that have sugar and caffeine.
- Include nutritious options if you do have food for a party like fruits, vegetables, whole grains, and/or lowfat or fat free dairy. Some ideas - whole grain tortilla chips with salsa, fruit with a yogurt dip, parfaits with fruit, yogurt, and whole grain cereal, veggies with lowfat dressing, or smoothies. Check to see if you can purchase nutritious, fun snacks from your School Nutrition Program for events.
- Read food labels to make smart choices. Be careful of any food allergens for you, other students, and staff.
- Make sure everyone can participate, celebrate, and have fun!