

Bristol Jr./Sr. High School Breakfast and Lunch Menus



MENUS FOR DECEMBER 2020

USDA is an equal opportunity provider and employer.

Tuesday, December 1

Breakfast

Whole Grain Waffles
Assorted Fruit
Milk Choice

Lunch

Soft Taco on Whole Wheat Tortilla with LF Cheese
Brown Rice
Golden Corn
Assorted Fruit
Milk Choice

Wednesday, December 2

Breakfast

WG Bagel with Low Fat Cream Cheese and Jelly
Assorted Fruit
Milk Choice

Lunch

Whole Grain Cheese Pizza
Oven Baked French Fries
Assorted Fruit
Milk Choice

Thursday, December 3

Breakfast

WG Pancake & Sausage Stick
Assorted Fruit
Milk Choice

Lunch

WG Chicken Tenders
WW Garlic Bread
Broccoli with Cheese
Assorted Fruit
Milk Choice

Friday, December 4

Breakfast

Whole Grain Pop Tart
LF Yogurt or String Cheese
Assorted Fruit
Milk Choice

Lunch

Breakfast for Lunch
Sausage, Egg, & Cheese Sandwich on WW Bun
Hash Brown Potato
100% Orange Juice
Milk Choice

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

Whole Grain Cereal (2)
LF Yogurt or String Cheese
Assorted Fruit
Milk Choice

Lunch

BBQ Chicken Sandwich on Whole Wheat Kaiser Roll
Twister Fries
Assorted Fruit
Milk Choice

Tuesday, December 8

Breakfast

Whole Grain Breakfast Pizza
Assorted Fruit
Milk Choice

Lunch

Whole Grain Pasta in Sauce with Meatballs
Green Peas
Assorted Fruit
Milk Choice

Wednesday, December 9

Breakfast

Whole Grain Muffin
LF Yogurt or String Cheese
Assorted Fruit
Milk Choice

Lunch

Ham & Cheese on Whole Wheat Croissant
Golden Corn
Assorted Fruit
Milk Choice

Thursday, December 10

Breakfast

Whole Grain Pancakes
Assorted Fruit
Milk Choice

Lunch

Turkey & Cheese Hoagie on Whole Wheat Roll
Baked Chips
Tossed Salad with Fresh Vegetables
Assorted Fruit / Milk Choice

Friday, December 11

Breakfast

Whole Grain Cereal Bar
LF Yogurt or String Cheese
Assorted Fruit
Milk Choice

Lunch

Whole Grain Pizza
Oven Baked French Fries
Assorted Fruit
Milk Choice

Rest assured.

In case you missed the news, there's one less thing to worry about for the rest of this school year. Our complete meals will be no charge for all students through June 30, 2021. We hope this helps our kids and families!

School Meals
We serve education every day™



Word of the Month ethics

n. 1. A system of moral principles that guides one's behavior 2. The standards governing the conduct of the members of a group or profession; for example, medical ethics

Holiday Honors

At this Holiday season, we'd like to say thanks to the men and women of the Police Department, Fire Department, and Emergency Medical Services who protect and save our lives every day throughout the year.

eatfit

wanna stay fit?

gotta eat right!

item: holiday treats

verdict: let the fat man eat



tip: Unless your holiday plans include flying around the world in one night and loading and off-loading millions of packages, don't overindulge on those tempting concoctions.

Exact totals depend on the treat, but trust us, they add up quickly!

Brain Ticklers

Where do penguins go to vote on Election Day?

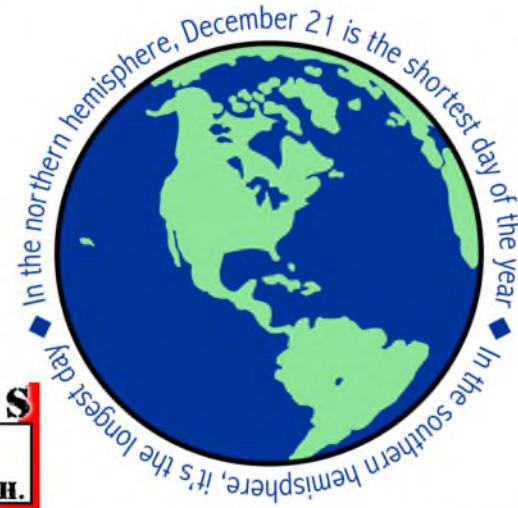
(Hold the page upside down and read it in a mirror for the answer!)

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This holiday season, here's hoping we can all help keep each other safe and happy!

54 **BY THE NUMBERS**
PERCENTAGE OF KIDS WHO SUCK PATIENTLY ON CANDY CANES. 24% GO STRAIGHT FOR THE BIG CRUNCH.



Happy Holidays!



Beware of Mistletoe!

Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
<p>Breakfast Whole Grain French Toast Assorted Fruit Milk Choice</p> <p>Lunch WG Popcorn Chicken with Dip Tuna & Macaroni Salad Carrot Coins Assorted Fruit Milk Choice</p>	<p>Breakfast Whole Grain Pop Tart LF Yogurt or String Cheese Assorted Fruit Milk Choice</p> <p>Lunch Breakfast for Lunch Whole Grain Waffles Sausage, Egg, & Cheese Sandwich on WW Bun Hash Brown Potato 100% Orange Juice Milk Choice</p>	<p>Breakfast Whole Grain Cereal (2) LF Yogurt or String Cheese Assorted Fruit Milk Choice</p> <p>Lunch Roast Turkey in Gravy Stuffing Mashed Potatoes Sweet Potatoes Cranberry Sauce 100% Fruit Juice Milk Choice</p>	<p>Breakfast Whole Grain Muffin LF Yogurt or String Cheese Assorted Fruit Milk Choice</p> <p>Lunch BBQ Chicken Sandwich on Whole Wheat Kaiser Roll Oven Baked Tater Tots Assorted Fruit Milk Choice</p>	<p>Breakfast Whole Grain Cereal Bar LF Yogurt or String Cheese Assorted Fruit Milk Choice</p> <p>Lunch Whole Grain Pizza Tossed Salad with Fresh Vegetables Assorted Fruit Milk Choice</p>

Monday, December 21	Tuesday, December 22	Wednesday, December 23
<p>Breakfast Whole Grain Cereal (2) LF Yogurt or String Cheese Assorted Fruit Milk Choice</p> <p>Lunch Whole Grain Breaded Chicken Patty on Whole Wheat Bun Twister Fries Assorted Fruit Milk Choice</p>	<p>Breakfast Whole Grain Muffin LF Yogurt or String Cheese Assorted Fruit Milk Choice</p> <p>Lunch Meatball Parm Sandwich on Whole Wheat Roll Mixed Vegetables Assorted Fruit Milk Choice</p>	<p>Breakfast Whole Grain French Toast Assorted Fruit Milk Choice</p> <p>Lunch Turkey & Cheese Sandwich on Whole Wheat Roll Baked Chips Pasta Salad with Fresh Vegetables Assorted Fruit Milk Choice</p>

Winter Recess begins at the end of classes
Wednesday, December 23

Classes resume
Monday, January 4

Catch You in 2021!

