<table>
<thead>
<tr>
<th>Monday, December 6</th>
<th>Tuesday, December 7</th>
<th>Wednesday, December 8</th>
<th>Thursday, December 9</th>
<th>Friday, December 10</th>
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<tbody>
<tr>
<td>Breakfast</td>
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<tr>
<td>Assorted Cereal</td>
<td>Tropical Storm</td>
<td>Fried Rice with</td>
<td>Fried Rice with</td>
<td>French Toast</td>
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<tr>
<td>Fruit</td>
<td>Fried Rice</td>
<td>Chicken Nuggets</td>
<td>Chicken Nuggets</td>
<td>w/Syrup</td>
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<tr>
<td>Lunch</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Fruit</td>
<td>Sausage</td>
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<tr>
<td>Chicken Alfredo w/Spinach</td>
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<td></td>
<td>Pork Adobo</td>
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<tr>
<td>Garden Salad</td>
<td>Garden Salad</td>
<td></td>
<td></td>
<td>with Peas and</td>
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<tr>
<td>Local Vegetables</td>
<td>Local Vegetables</td>
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<td></td>
<td>Carrots</td>
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<td>Fruit</td>
<td>Fruit</td>
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<td>Fruit</td>
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<tr>
<td>Salad Bar / packed Salad</td>
<td>Thai Beef Noodle Bowl</td>
<td>Chicken Kelaguen with Titiyas</td>
<td>Salad Bar / packed Salad</td>
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<tr>
<td>Whole Grain Roll or Crackers</td>
<td>Fruit</td>
<td>Vegetable Sticks and Dip</td>
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<td>Fruit</td>
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<tr>
<td>'Tis the Season!</td>
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</tbody>
</table>

**Constitution Day**
Public Schools Closed

**Breakfast**
- Macaroni & Cheese
- Fruit

**Lunch**
- Beef & Broccoli
- Steamed Rice
- Mixed Vegetables
- Fruit

**Breakfast**
- Fried Rice
- Chicken Nuggets
- Fruit

**Lunch**
- Pepperoni Pizza
- Vegetable Sticks & Dip
- 3 Bean Salad
- Fruit

**Breakfast**
- Fried Rice with
- Skyline Bacon
- Cheese
- Fruit

**Lunch**
- Pork Adobo w/ Peas and Carrots
- Steamed Rice
- Broccoli
- Fruit
- Flavored Milk

**Breakfast**
- Pancakes w/ Syrup
- Bacon
- Fruit

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

**Breakfast**
- Grilled Cheese Sandwich
- Fruit

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

**Breakfast**
- Grilled Ham
- Fried Rice
- Fruit

**Lunch**
- Spaghetti Bolognese
- Dinner Roll
- Garlic Spinach
- 3 Bean Salad
- Fruit

**Breakfast**
- Bacon
- Fruit

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

**Breakfast**
- Assorted Cereal
- Fruit

**Lunch**
- Chicken Alfredo w/Spinach
- Garden Salad
- Local Vegetables
- Fruit

**Breakfast**
- Grilled Ham
- Fried Rice
- Fruit

**Lunch**
- Spaghetti Bolognese
- Dinner Roll
- Garlic Spinach
- 3 Bean Salad
- Fruit

**Breakfast**
- Pancakes w/ Syrup
- Bacon
- Fruit

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

<table>
<thead>
<tr>
<th>CNMI Public School System Child Nutrition Program</th>
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<td>This institution is an equal opportunity provider. Menus are subject to change.</td>
<td>CNMI Public School System Child Nutrition Program</td>
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</table>

**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**

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!

A QUICK BITE FOR PARENTS

**NUTRITION 1010**

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.
### 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**
- Sandwich Sides
  - Whole Grain Roll or Crackers
  - 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
  - Flavored Milk

### 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
  - Steamed Rice

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

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