

MENUS FOR DECEMBER 2023



CNMI Public School System, Child Nutrition Program

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

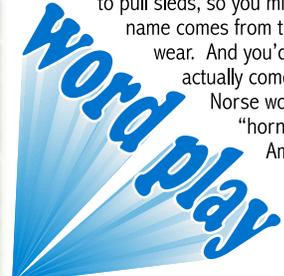
Word of the Month

kind·ness

noun 1. goodness; benevolence 2. consideration for the feelings and well-being of people other than oneself 3. sympathy; gentle helpfulness

Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North

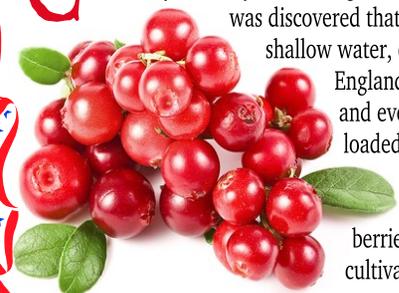


American name for the reindeer, "caribou," comes from a Native American word, "qalipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food!



OUR NATION'S HISTORY

Cranberries are considered a very American food. Native Americans made cranberry sauce by sweetening the tart berries with maple syrup. When it was discovered that cranberries grew very well in "bogs" of shallow water, cultivation of the fruit spread from New England to Wisconsin to the Pacific Northwest -- and even to Europe! When an American ship loaded with cranberries sank along the Dutch coast, crates of the berries washed ashore and broke up. Some of the berries took root, and cranberries have been cultivated on certain Dutch islands ever since!



★ WITH LIBERTY & JUSTICE FOR ALL ★

Friday, December 1

Breakfast
Pancakes with Syrup
Bacon
Fruit

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

Secondary Second Choice
Vegilicious Packed Salad
WGR Penne Pasta
Fruit

NUTRITION TO GO

Fresh local tomatoes are impossible to come by in most of the U.S. in winter. That's too bad. But tomato soup is always easy to find, and, surprisingly, processed tomato products like canned tomato soup actually contain more of some key nutrients than fresh tomatoes.

A QUICK BITE FOR PARENTS

Monday, December 4

Breakfast
Assorted Cereal
Fruit

Lunch
Kung Pao Chicken with Bell Peppers
Steamed Rice
Sesame Broccoli
Fruit

Secondary Second Choice
Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, December 5

Breakfast
Fried Rice with Chicken Nuggets
Fruit/Fruit Smoothie

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 6

Breakfast
Mac & Cheese
Fruit/Fruit Smoothie

Lunch
Beef Broccoli
Steamed Rice
Mixed Vegetables
Fruit

Secondary Second Choice
Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, December 7

Breakfast
Sausage Patty with Garlic Rice
Fruit/Fruit Smoothie

Lunch
Chicken Kelaguen
Titiyas/WGR Tortilla
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Secondary Second Choice
Cheese Pizza
Vegetable Sticks & Dip
3 Bean Salad
Fruit

Friday, December 8

**Constitution Day
Public Schools Closed**

Breakfast
French Toast with Syrup
Sausage
Fruit

Lunch
Chicken Alfredo with Spinach
Garden Salad
Local Vegetables
Fruit

HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.

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

Monday, December 11

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Curry with
Carrots and Potatoes
Broccoli
Steamed Rice
Fruit

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit

Tuesday, December 12

Breakfast

Fried Rice with Portuguese
Sausage
Fruit/Fruit Smoothie

Lunch

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Secondary Second Choice

Tofu Lo Mein
Chinese Cabbage
Carrots
Fruit

Wednesday, December 13

Breakfast

Breakfast Burrito
Fruit/Fruit Smoothie

Lunch

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

Secondary Second Choice

Vegilicious Salad Bar
WGR Penne Pasta
Fruit

Thursday, December 14

Breakfast

Sausage & Egg Scramble
Steamed Rice
Fruit/Fruit Smoothie

Lunch

Beef Lasagna
Garlic Cauliflower & Broccoli
Corn
Fruit

Secondary Second Choice

Tuna Salad Sandwich on WGR Bun
Sandwich Sides
Japanese Salad
Fruit

Friday, December 15

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Lemon Garlic Kangkung
Local Vegetables
Fruit
Flavored Milk

Secondary Second Choice

Vegilicious Packed Salad
WGR Penne Pasta
Fruit



Get crackin'!



There might not be another snack that's as good for you -- and as fun -- as whole walnuts that you crack yourself! The nuts are filling and tasty, and the process of breaking them open involves more effort than mindlessly stuffing yourself with chips. Plus walnuts are loaded with stuff that's good for you -- for instance, walnuts are one of the few non-fish sources of super-healthy omega-3 fatty acids.

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

Monday, December 18

Breakfast

Assorted Cereal
Fruit

Lunch

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

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Tuesday, December 19

Breakfast

Ham and Cheese Roll
Fruit/Fruit Smoothie

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 20

Breakfast

Pan de Sal with Egg & Cheese
Fruit/Fruit Smoothie

Lunch

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

Secondary Second Choice

Taco Salad Bar
WGR Tortilla/Tortilla Chips
Fruit

Thursday, December 21

Breakfast

Sausage Links
Garlic Fried Rice
Fruit/Fruit Smoothie

Lunch

Pepperoni Pizza
Vegetable Sticks & Dip
Fruit

Secondary Second Choice

Buffalo Chicken Wrap
Vegetable Sticks & Dip
Japanese Salad
Fruit

Friday, December 22

Breakfast

French Toast with Syrup
Sausage
Fruit

Lunch

BBQ Chicken
Red Rice
Corn and Potato Salad
Fruit
Flavored Milk

Secondary Second Choice

Taco Packed Salad
WGR Tortilla/Tortilla Chips
Fruit

Monday, December 25

**Christmas Day
Public Schools Closed**

Breakfast

Assorted Cereal
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn
Sauteed Spinach
Fruit

Tuesday, December 26

Public Schools Closed

Breakfast

Ground Beef & Veggie
Omelet
Steamed Rice
Fruit

Lunch

Marianas BBQ Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fruit

Wednesday, December 27

Public Schools Closed

Breakfast

Grilled Cheese Sandwich
Fruit

Lunch

Beef Bulgogi with Bell Peppers,
Bean Sprouts & Onions
Steamed Rice
Carrots
Fruit

Thursday, December 28

Public Schools Closed

Breakfast

Grilled Ham with Fried Rice
Fruit

Lunch

Spaghetti Bolognese
WGR Roll
Garlic Spinach
3 Bean Salad
Fruit

Friday, December 29

Public Schools Closed

Breakfast

Pancakes with Syrup
Bacon
Fruit

Lunch

Breaded Fish with Sauce
Red Rice
Potato Wedges
Local Vegetables
Fruit

Here's wishing you a bright and happy holiday season!



From the Child Nutrition Program Staff!