



CNMI Public School System, Child Nutrition Program

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

Monday, December 1

Breakfast

Assorted Cereal
Fruit

Lunch

Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fresh Fruit

Tuesday, December 2

Breakfast

Garlic Fried Rice w/
Chicken Nuggets
Fresh Fruit/Fruit Smoothie

Lunch

Chicken Burger
Green Salad w/ Cucumber
Carrots w/ Dressing
Fresh Fruit

Secondary Second Choice

Chicken Caesar Salad
WGR Garlic Bread & Croutons
Fresh Fruit

Wednesday, December 3

Breakfast

Mac & Cheese 2.0
Fresh Fruit/Fruit Smoothie

Lunch

Pork Curry
Steamed Rice
Potatoes & Carrots
Fresh Fruit

Secondary Second Choice

Buffalo Chicken Sliders on
WGR Dinner Roll
Corn Succotash
Fresh Fruit

Thursday, December 4

Breakfast

Ham & Egg Scramble
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch

Pepperoni Pizza
Broccoli
Spanish Chickpeas
Fresh Fruit

Secondary Second Choice

Chicken Caesar Salad
WGR Garlic Bread & Croutons
Spanish Chickpeas
Fresh Fruit

Friday, December 5

Breakfast

Pancakes w/ Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice

Kimchee Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fresh Fruit

Monday, December 8

**Constitution Day
No Public School**

Breakfast

Assorted Cereal
Fruit

Lunch

Chicken Teriyaki
Steamed Rice
Garlic Pacific Blend Vegetables
Fresh Fruit

Tuesday, December 9

Breakfast

Fried Rice w/ Portuguese Sausage
Fruit

Lunch

Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Taco Seasoned Lentils
Fresh Fruit

Wednesday, December 10

Breakfast

Grilled Cheese
Fresh Fruit/Fruit Smoothie

Lunch

Beef Bulgogi
Broccoli
Carrots
Steamed Rice
Fresh Fruit

Secondary Second Choice

Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fresh Fruit

Thursday, December 11

Breakfast

Apple Cinnamon Pan Pancakes
Bacon
Fresh Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Green Salad w/ Tomatoes
& Dressing
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Fresh Fruit

Friday, December 12

Breakfast

French Toast w/ Syrup
Sausage
Fruit

Lunch

Kung Pao Chicken 2.0
Steamed Rice
Sesame Broccoli
Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice

Beef & Broccoli
Steamed Rice
Local Vegetables
Fresh Fruit



REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

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



Brain Ticklers

Why was Santa's little helper depressed?

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

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Where do all of our
crazy names for
food come
from?



WORDS OF MOUTH

This month: "Caesar Salad"

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.

Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special!

Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!



We hope your
Holidays
this year
are the
best
ones
ever!

Monday, December 15

Breakfast

Assorted Cereal
Fruit

Lunch

Breaded Chicken w/ Gravy
Mashed Potatoes
Corn
WGR Dinner Roll
Fresh Fruit

Tuesday, December 16

Breakfast

Sausage
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch

Sub Sandwich on WGR Bun
Green Salad w/ Tomatoes
& Dressing
Italian Bean Salad
Fresh Fruit

Secondary Second Choice

Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Italian Bean Salad
Fresh Fruit

Wednesday, December 17

Breakfast

Toasted Ham & Cheese
Fresh Fruit/Fruit Smoothie

Lunch

Pork Ginger
Steamed Rice
Sesame Broccoli & Carrots
Fresh Fruit

Secondary Second Choice

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fresh Fruit

Thursday, December 18

Breakfast

Garlic Fried Rice
w/ Chicken Nuggets
Fresh Fruit/Fruit Smoothie

Lunch

Chicken Alfredo Penne Pasta
Lemon Garlic Cauliflower & Carrots
Fresh Fruit

Secondary Second Choice

Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Fresh Fruit

Friday, December 19

Breakfast

Pancakes w/ Syrup
Bacon
Fruit

Lunch

BBQ Chicken
Red Rice
Local Vegetables & Corn
Flavored Milk
Fresh Fruit

Secondary Second Choice

Creole Fish Sandwich w/
Spicy Remoulade Sauce
Corn & Local Vegetables
Fresh Fruit

Monday, December 22

Holiday Break
No Public School

Breakfast

Assorted Cereal
Fruit

Lunch

Honey Garlic Chicken Stir Fry
Steamed Rice
Carrots
Broccoli
Fresh Fruit

Tuesday, December 23

Holiday Break
No Public School

Breakfast

Grilled Ham
w/ Fried Rice
Fresh Fruit

Lunch

Sloppy Joes
Sweet Potato Fries
Taco Seasoned Lentils
Fresh Fruit

Wednesday, December 24

Holiday Break
No Public School

Breakfast

Grilled Cheese
Fresh Fruit

Lunch

Beef Steak w/
Green Peas and Onions
Red Rice
Carrots
Fresh Fruit

Thursday, December 25

Holiday Break
No Public School

Breakfast

Fried Rice
w/ Portuguese Sausage
Fresh Fruit

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fresh Fruit



Friday, December 26

Holiday Break
No Public School

Breakfast

French Toast w/ Syrup
Sausage
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Flavored Milk
Fresh Fruit

Monday, December 29

Holiday Break
No Public School

Breakfast

Assorted Cereal
Fruit

Lunch

Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fresh Fruit

Tuesday, December 30

Holiday Break
No Public School

Breakfast

Garlic Fried Rice w/
Chicken Nuggets
Fresh Fruit

Lunch

Chicken Burger
Green Salad w/ Cucumber
Carrots w/ Dressing
Fresh Fruit

Wednesday, December 31

Holiday Break
No Public School

Breakfast

Mac & Cheese 2.0
Fresh Fruit

Lunch

Pork Curry
Steamed Rice
Potatoes & Carrots
Fresh Fruit

