

Tuesday, December 1

All American Hot Dog
Or Crispy Chicken Sandwich
Nacho Chips & Cheese
Chilled Fruit Selection
Dessert Treat

Wednesday, December 2

Ranch Chicken Wrap
Or Grilled Cheese Sandwich
Cup of Soup
Fresh Garden Salad
Ice Cream Sundae

Thursday, December 3

French Toast Sticks
Lean Sausage Links
Potato Gems
Warm Cinnamon Apples

Friday, December 4

Homemade Pizza
Fresh Oranges
Dessert Treat

GREEN HOLIDAY TIPS

BUY ENERGY-SAVING "LED" HOLIDAY LIGHTS. Now you can decorate your house with LED lights that use 90 percent less energy than conventional holiday lights.

MAKE YOUR OWN WRAPPING PAPER. Most mass-produced wrapping paper found in stores is not recyclable and ends up in landfills.

Instead ... consider being creative and saving money! Wrap presents in old maps or newspaper. **MAKE YOUR OWN GREETING CARDS.** Recycle home-made artwork for the holidays. You can also use old buttons and fabrics to create greeting cards for friends and family.

Monday, December 7

Big Beefy Burger
Or Cheeseburger Option
Oven Baked French Fries
Chilled Fruit Cup
Dessert Treat

Tuesday, December 8

Ole Taco Day
All Beef Taco with Cheese
Or Golden Baked Chicken Tenders
Seasoned Mexican Rice
Fresh Fruit Selection
Dessert Treat

Wednesday, December 9

Italian Spaghetti with Meatball Option
Or Monster Mac & Cheese
Fresh Garden Salad
Warm Garlic Bread Stick
Ice Cream Sundae

Thursday, December 10

Oven Baked Chicken Nuggets
with Creamy Mac & Cheese
Or Chef Salad
Chilled Fruit Selection
Dessert Treat

Friday, December 11

Homemade Pizza
Fresh Veggies & Dip
Dessert Treat

Monday, December 14

Golden Baked Chicken Tenders
Creamy Mashed Potatoes
Seasoned Green Beans
Chilled Fruit Selection

Tuesday, December 15

Fiestada Personal Pan Pizza
Or Crispy Chicken Sandwich
Seasoned Vegetables
Fruit Selection
Dessert Treat

Wednesday, December 16

Jumbo Corn Dog
Or Golden Baked Chicken Nuggets
Oven Baked Twister Fries
Mixed Fruit Selection
Ice Cream Sundae

Thursday, December 17

Homemade Pizza
Fruit Selection
Dessert Treat

Friday, December 18

Early Dismissal
No Lunch Service

Holiday Break

Choose the Colors of Health...

Many people know how important it is to eat green vegetables, but did you know...

Red fruits and vegetables can act as powerful antioxidants protecting our cells from damage and are good for our heart.

Red apples, Beets, Red cabbage, Cherries, Cranberries, Pink grapefruit, Red grapes, Red peppers, Red potatoes, Radishes, Raspberries, Rhubarb, Strawberries, Tomatoes, Watermelon

Orange and Yellow fruits and vegetables help maintain healthy eyes, improve our immune system and are good for our heart.

Yellow apples, Apricots, Butternut squash, Cantaloupe, Carrots, Grapefruit, Lemons, Mangoes, Nectarines, Oranges, Papayas, Peaches, Pears, Yellow peppers, Pineapple, Pumpkin, Yellow summer or winter squash, Sweet corn, Sweet potatoes, Tangerines, Yellow tomatoes

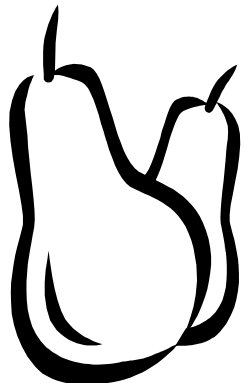
Blue and purple fruits and vegetables also act as powerful antioxidants protecting cells from damage. Studies have even shown that eating blueberries may improve our memory.

Blackberries, Blueberries, Eggplant, Figs, Plums, Prunes, Purple grapes, Raisins

Including more colors on your plate can mean a healthier meal!

FUN FRUIT FACT:

The wood from the pear tree is often used to make musical instruments.



There are more than 3,000 varieties of pears worldwide. Pears are one of the only fruits that ripen better off the tree than on it.

Have a safe and happy Holiday...

from all of us at SLA Management!!!

We look forward to seeing you in 2010!!!

Beverage included with all entrées

Questions or Comments:
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