

Menus for December 2022

Intermediate Schools

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

Available Daily

BREAKFAST
You may choose cereal and graham crackers in place of main item.

(There will also be an assortment of fruits/fruit juice and vegetables served daily)



Linda Riggs, Café Manager, Canyon Ridge

this month: asparagus



There are some foods that most kids don't like, but most adults do. Why? It's a **mystery!** Take asparagus, for instance. Most kids won't even touch it -- it looks kind of weird, the texture is strange, and the taste is a little bitter. But most adults will agree that asparagus -- grilled, roasted, stir-fried, or steamed crisp -- is one of nature's top treats!



Thursday, December 1

Breakfast

Pancake Wrap
Assorted Fruit
Juice/Milk

Lunch

Mac & Cheese w/Lil Smokies
Dinner Roll
Veggie Bar
Peas
Rosy Applesauce
Juice/Milk

Friday, December 2

Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

Corn Dog
Seasoned Fries
Baked Beans
Assorted Fruit
Juice/Milk



Monday, December 5

Breakfast

Cinnamon Toast Crunch
Applesauce Cup
Juice/Milk

Lunch

PopCorn Chicken
Dinner Roll
Mashed Potatoes w/Gravy
Green Beans
Assorted Fruit
Juice/Milk

Tuesday, December 6

Breakfast

Sausage Croissant
Pears
Juice/Milk

Lunch

Spaghetti & Meat Sauce
Garlic Cheese Breadstick
Or Mustang Munchable
Vegetable Bar
Carrots
Assorted Fruit
Juice/Milk

Wednesday, December 7

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Steak Fingers
Dinner Roll
Mashed Potatoes w/Gravy
Mixed Veggies
Assorted Fruit
Juice/Milk

Thursday, December 8

Breakfast

Berry Parfait
Cinnamon Breakfast Cookie
Assorted Fruit
Juice/Milk

Lunch

Chicken & Noodles
Garlic Cheese Breadstick
Carrot Sticks
Peas
Assorted Fruit
Juice/Milk

Friday, December 9

Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

Bronco Burger
Red & White Fries
Baked Beans
Assorted Fruit
Juice/Milk

Make the healthy, economical choice!

Breakfast Lunch

\$2.25 \$3.25

Get in touch with us today to learn more about free and reduced-price meals in our district:
405-376-7317 or CruzD@Mustangps.org

FUZZY MATH.

Doctors say we should try not to eat any trans fat at all. But if a food serving has less than .5 grams of trans fat, the label can claim zero grams. And if you eat 4 or 5 servings, that adds up. Want to be sure? If "partially hydrogenated" oil is listed in the ingredients, then the food definitely contains trans fat.

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

We wish you & your family a warm & happy holiday season!

From Nora Kay Rainwater, Food Service Director & the School Nutrition Staff at Mustang Public Schools



Happy Holidays!



Beware of Mistletoe!

Holiday Helpings!

It's fine to indulge in a sweet treat or fatty food on occasion during the holidays -- just try not to get carried away! In the puzzle below, see if you can find these twelve foods.

brownie butter chocolate danish fudge
gravy ice cream margarine
mayonnaise pie sugar cookie syrup

Answers could run left to right, top to bottom, or diagonally. We've given you the first one to get you started. Good luck!

S	E	C	H	O	C	O	L	A	T	E	M
U	D	A	N	I	S	H	W	P	H	W	A
G	K	A	V	Q	C	L	I	I	G	M	R
A	E	A	N	B	U	T	T	E	R	S	G
R	M	B	T	I	P	K	A	R	A	H	A
C	A	N	R	U	C	A	N	E	V	R	R
O	E	B	R	O	A	E	T	E	Y	I	I
O	L	Y	E	I	W	T	C	R	K	M	N
K	S	U	D	G	E	N	R	R	E	P	E
I	R	G	P	O	R	K	I	I	E	B	K
E	L	E	F	U	D	G	E	E	L	A	Z
R	M	A	Y	O	N	N	A	I	S	E	M

Monday, December 12

Breakfast

Cinnamon Roll
Orange Smiles
Juice/Milk

Lunch

Chicken Nuggets
Carrots
Crinkle Fries
Assorted Fruit
Juice/Milk

Tuesday, December 13

Breakfast

Sausage Biscuit
Pears
Juice/Milk

Lunch

Cheese Pizza or
Mustang Munchable
Veggie Bar
Broccoli
Assorted Fruit
Juice/Milk

Wednesday, December 14

Breakfast

French Toast Sticks
Peaches
Juice/Milk

Lunch

Grilled Cheese & Tomato
Soup
Celery/Carrot Sticks
Assorted Fruit
Juice/Milk

Thursday, December 15

Breakfast

Pancake Wrap
Assorted Fruit
Juice/Milk

Lunch

Turkey Breast
Mashed Potatoes w/Gravy
Cornbread Stuffing
Dinner Roll
Green Beans
Peach Crisp
Cranberry Sauce

Friday, December 16

Breakfast

Breakfast Sausage Pizza
Apple Slices
Juice/Milk

Lunch

PB&J or Ham & Cheese
Nacho Cheese Chips
Celery/Carrot Sticks
Cheese Stick
Hershey Choc Chip Cookie
Apple Slices
Juice/Milk



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



Time to turn the page!

Winter Holiday begins at the end of classes
Friday, December 16

Classes resume:

Wednesday, January 4

We look forward to serving you in 2023!