

Fresh Ideas for Breakfast

December 1 - 21, 2010

Monday

Tuesday

Wednesday

Thursday

Friday

December

		1 Fruit Muffin Granola Bar Fresh Fruit Milk	2 Yogurt Cereal Fresh Fruit Milk	3 Biscuit Egg Patty Fresh Fruit Milk
6 Granola Bar Yogurt Fresh Fruit Milk	7 Pancakes Turkey Sausage Fresh Fruit Milk	8 Croissant Egg Patty Fresh Fruit Milk	9 Cereal Fruit Muffin Fresh Fruit Milk	10 Breakfast Burrito Fresh Fruit Milk
13 Biscuit Egg Patty Fresh Fruit Milk	14 French Toast Turkey Sausage Fresh Fruit Milk	15 Fruit Muffin Granola Bar Fresh Fruit Milk	16 Yogurt Graham Crackers Fresh Fruit Milk	17 Pancake on a Stick Fresh Fruit Milk
20 Waffles Turkey Sausage Fresh Fruit Milk	21 Bagels Turkey Sausage Fresh Fruit Milk			

All Fresh Ideas menus are subject to change due to product shortage or program needs.

FRESH IDEAS HEALTH CORNER

Fresh Fruit of the Month...

Apples

Did you know????

2,500 varieties of apples are grown in the United States.

Apple trees take four to five years to produce their first fruit.

Apples are a member of the rose family.

The largest apple picked weighed three pounds.

The average size of a United States orchard is 50 acres.

Biscuit Snowman

Refrigerated biscuits
-3 biscuits per snowman
Raisins
Pretzel sticks
Cookie sheet



What You Do:

To assemble each snowman, lay 3 biscuits vertically on a cookies sheet. Add raisins for eyes, nose, mouth and buttons. Use the pretzel sticks for arms.

Bake as directed on the biscuit can

Ask the Dietitian!

Be sure to email your questions or concerns to: askthedietitian@freshideasllc.com

Fresh Ideas for Lunch

December 1 - 21, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Salisbury Steak Mashed Potatos Fresh Fruit Milk	2 Chicken Nuggets Green Beans Fresh Fruit Milk	3 BBQ Chicken Corn Fresh Fruit Milk
6 Mini Corn Dogs Fresh Carrots Fresh Fruit Milk	7 Cheese Burger Mix Vegetables Fresh Fruit Milk	8 Turkey Sandwich Fresh Carrots Fresh Fruit Milk	9 Spaghetti Salad Pineapple Milk	10 Meatball Sandwich Green Beans Banana Milk
13 Turkey Hot Dog Carrots Fresh Fruit Milk	14 Chicken Fajita Rice & Veggies Fresh Fruit Milk	15 Crispito Corn Fresh Fruit Milk	16 Mostacolli Green Beans Fresh Fruit Milk	17 Bosco Cheese Stick w/ Marinara Salad Fresh Fruit Milk
20 Nachos Mix Vegetable Fresh Fruit Milk	21 Chili Dogs Tator Tots Fresh Fruit Milk			

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HAPPY HOLIDAYS!



Email: dawn_tibbetts@yahoo.com

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Breakfast and Lunch menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and Vitamins A & C. All menus are prepared by our Corporate Dietitian: Pat Holmes, RD.

Fresh Fruit and Milk are Served Daily.