



# Menus for December 2011

Hooker Oak,  
Marigold, Shasta,  
Sierra View, Emma  
Wilson and  
Chico Country Day  
Schools Menu

**Chico Unified School District**

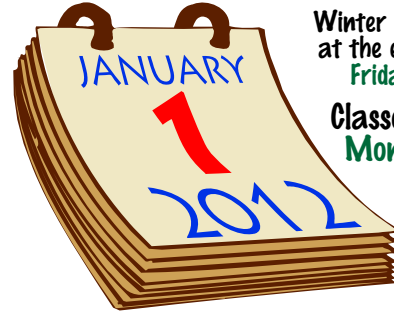
*This institution is an equal opportunity provider.*



We hope you  
and your  
family have a  
safe and happy  
holiday season!

Vince Enserro, Director & the  
Child Nutrition Staff at your school

## Time to turn the page!



Winter Holiday begins  
at the end of classes  
Friday, Dec. 16

Classes resume:  
Mon., Jan. 2

We look  
forward to  
serving you  
in 2012!

*A Note from the Nutrition  
Services Director*

Nutrition Information on  
School Meals at

[www.chicousd.org](http://www.chicousd.org) then go to  
Nutrition Services. Prepayment  
on student accounts is  
encouraged. Check out our on-  
line payment service at  
[www.mynutrikids.com](http://www.mynutrikids.com). Contact  
the Nutrition Services Office if  
you have any questions:  
891-3021



## Available Daily

### BREAKFAST BAR

Whole-Grain & Reduced-Sugar Cereal,  
Yogurt, Fresh and Canned Fruit, 100%  
Fruit Juice & 1% White Milk

### BAKERY ITEMS

All of our breads, muffins and cinnamon  
rolls are baked fresh daily at our very  
own bakery using Whole Wheat and  
fresh ingredients.

## Breakfast of the Day

**Thursday, December 1**

Breakfast Burrito, Breakfast Bar & White Milk

**Friday, December 2**

Fresh Baked Cinnamon Roll, Breakfast Bar  
& White Milk

**Monday, December 5**

Colby Cheese Omelet & Baked Tots,  
Breakfast Bar & White Milk

**Tuesday, November 6**

Cinnamon Swirl French Toast,  
Breakfast Bar & White Milk

**Wednesday, December 7**

Breakfast Pizza, Breakfast Bar & White Milk

**Thursday, December 8**

French Toast Sticks, Breakfast Bar & White Milk

**Friday, December 9**

Homemade Chocolate Chip Muffin,  
Breakfast Bar & White Milk

**Monday, December 12**

Breakfast Burrito, Breakfast Bar & White Milk

**Tuesday, December 13**

Bagel & Cream Cheese,  
Breakfast Bar & White Milk

**Wednesday, December 14**

Extravaganza (Eggs & Bacon) with Tortilla,  
Breakfast Bar & White Milk

**Thursday, December 15**

Pancake & Sausage on a Stick,  
Breakfast Bar & White Milk

**Friday, December 16**

Fresh Baked Cinnamon Roll,  
Breakfast Bar & White Milk

## WEEKLY MENU OPTIONS FOR DECEMBER 2011

### Monday

#### LUNCH

Chico's Chicken Chunks  
Charbroiled Hamburger  
Cheeseburger  
Big Daddy Harvest  
\*Cheese or Pepperoni  
Pizza  
Whole Wheat Turkey &  
Cheese Sub  
\*Macaroni & Cheese  
Fresh Tomatoes &  
Fresh Pears  
Tossed Salad  
Broccoli & Mini Carrots  
& 1% White &  
Fat Free Chocolate Milk

### Tuesday

#### LUNCH

Chico's Chicken Chunks  
Charbroiled Hamburger  
Cheeseburger  
Big Daddy Harvest  
\*Cheese or Pepperoni  
Pizza  
Whole Wheat Ham &  
Cheese Sub  
Rotini & Meat Sauce  
Fresh Satsuma or  
Mandarins &  
Zucchini Sticks  
Tossed Salad  
Broccoli & Mini Carrots  
& 1% White &  
Fat Free Chocolate Milk

### Wednesday

#### LUNCH

Chico's Chicken Chunks  
Charbroiled Hamburger  
Cheeseburger  
Big Daddy Harvest  
\*Cheese or Pepperoni  
Pizza  
\*PB&J Uncrustable  
Mr. Wong's Orange  
Chicken over Brown  
Rice  
Fresh Kiwi & Cauliflower  
Tossed Salad  
Broccoli & Mini Carrots  
& 1% White &  
Fat Free Chocolate Milk

### Thursday

#### LUNCH

Chico's Chicken Chunks  
Charbroiled Hamburger  
Cheeseburger  
Big Daddy Harvest  
\*Cheese or Pepperoni  
Pizza  
Ham & Cheese Wrap  
\*Bean & Cheese Burrito  
Fresh Apples Sliced &  
Celery Sticks  
Tossed Salad  
Broccoli & Mini Carrots  
& 1% White &  
Fat Free Chocolate Milk

### Friday

#### LUNCH

Chico's Chicken Chunks  
Charbroiled Hamburger  
Cheeseburger  
Big Daddy Harvest  
\*Cheese or Pepperoni  
Pizza  
Turkey Gravy over  
Mashed Potatoes  
Turkey Corn Dog  
Navel Oranges  
& Sugar Peas  
Tossed Salad  
Broccoli & Mini Carrots  
& 1% White &  
Fat Free Chocolate Milk

C.U.S.D.'s meal program is administered by the USDA, which has strict nutritional requirements for all meals served. We are required to offer 664 calories, 10 gram Protein, no more than 30% Total Fat, and 10% Saturated Fat. We accomplish this by offering a wide variety of local fresh fruits and veggies, whole grain produce, brown rice and reduced-fat cheeses and meats. We NEVER deep-fry any of our foods. We appreciate your participation in our program and look forward to serving you, come join us!

# WELLNESS IS A WAY OF LIFE!<sup>TM</sup>

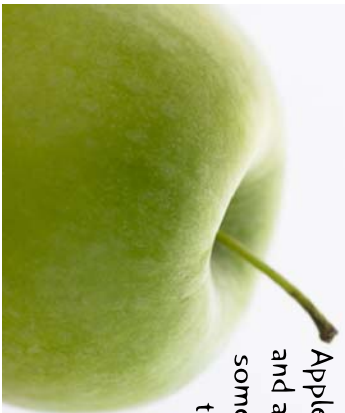
HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"DON'T GET SAUCY"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

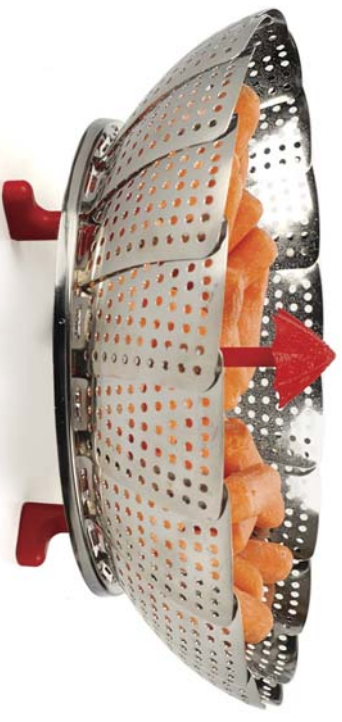
### APPLE



Apples supply lots of fiber, and aren't sticky, so they're sometimes called "nature's tooth brush." Fresh

apples are much more nutritious than apple juice, so if you have a choice, go for the whole, fresh fruit!

## LIVE HEALTHIER

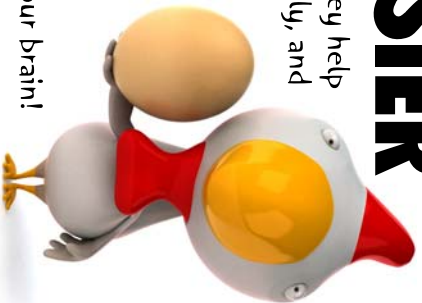


For healthy and tasty cooking, every kitchen should have a steamer basket or two! The basket sits inside a pot and allows vegetables (and other foods, like seafood) to sit above an inch or so of boiling water, so the food is cooked without sitting in the water.

Steamed veggies are crisper, more colorful, and more flavorful, too. Plus, steaming allows the veggies to retain more of their vitamins, minerals, and other nutrients. Don't steam vegetables too long -- you want to eat them "al dente" -- with a little crunch!

## LEARN EASIER

Eggs are a complete protein, they help your brain cells function properly, and they contain "choline," a substance that improves memory and motor function. If you like eggs, don't limit yourself to eating them in the morning -- for breakfast, snack, lunch, or dinner, eggs power your brain!



## PLAY HARDER

Most kids love to run -- but not many of them like to run laps. That's why youth sports teams should always use creative ways to get kids in game shape and hold their interest. Small-sided soccer, for instance -- 2-on-2 or 3-on-3 -- helps kids work on skills and keeps them at the center of the action, and they also run a lot of laps without even realizing it!



## One item on our menu hasn't changed for 60 years.

One item's always on your child's School Meals menu: Education. Because when your kids regularly eat balanced, nutritious meals they concentrate better in class. They participate more enthusiastically. And they learn better. It's just that simple.

Simple, yet beautiful. Our School Meals program provides a community service that helps make educating kids easier and more effective.

Convenient, economical, healthy School Meals. Because education should always be at the top of the menu.

**School Meals**  
*We serve education every day<sup>TM</sup>*

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