

December, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sub ¹¹ or A) Chicken Nuggets with a Roll Sweet Potato Tots Peaches or Seasonal Fresh Fruit 	Pasta with Meat Sauce & Garlic Toast ¹² or A) Hot Dog on a Bun Green Beans or Tossed Garden Salad Pears Fun & Fitness Cookie Treat!	Manwich Sloppy Joe on a Bun ¹³ or A) Chicken Patty on a Bun Baked Beans Sunshine Smoothie or Seasonal Fresh Fruit	Fiestada Pizza ¹⁴ or A) Hamburger or Cheeseburger on a Bun Corn or Tossed Garden Salad Raisins	Cheese Stuffed Breadsticks with Marinara Dipping Sauce ¹⁵ or A) Cheese Pizza Broccoli Strawberry Cup or Seasonal Fresh Fruit
Cheese Calzone ¹⁸ or A) Chicken Nuggets with a Roll Carrots Applesauce Cup or Seasonal Fresh Fruit	Walking Taco ¹⁹ (Beef Taco Meat & Shredded Cheddar Cheese served in a Bag of Tostitos Chips with optional Black Beans & Salsa) or A) Corn Dog Corn or Tossed Garden Salad 100% Fruit Juice	Meatball Sub ²⁰ or A) Popcorn Chicken with a Roll Potato Wedges Peach Cup or Seasonal Fresh Fruit	Popcorn Chicken with Rice & Breadstick ²¹ (optional Mandarin Orange Sauce) or A) Hamburger or Cheeseburger on a Bun Broccoli or Tossed Garden Salad Mandarin Oranges	Mac & Cheese with Pretzel Rod ²² or A) Cheese Pizza Green Beans Pears or Seasonal Fresh Fruit 
		 Merry Christmas!		

*Please note that at least one vegetable or fruit side must be chosen with each lunch.

SUBSTITUTION OF ITEMS MAY BE NECESSARY



What's The Big Deal About Sports?

If you still think sports aren't for you maybe you just haven't tried the right one yet. If you don't like being on a team that much, you might consider individual sports. An individual sport means doing the sport on your own. You can do these sports competitively or just for the fun of doing them. Individual sports include: swimming, diving, running, ice skating, wrestling, gymnastics, golf, tennis, biking, martial arts and many more!

So What's The Big Deal?

You might wonder why grownups want you to try sports and be active. There's a good reason: Playing sports is a great form of exercise and exercise keeps your body healthy. We've already talked about the many sports to choose from, but there's even more good news—many other nonsport activities can provide exercise and keep you active, including:



- playing at a playground
- raking leaves
- jumping rope
- dancing around your bedroom
- walking your dog
- working in the garden
- washing the car
- making a snowman



You also might find that by limiting your use of electronics — TV, computer, and cell phone — you'll just naturally be more active. So, no, you don't **have** to play a sport, but you might still find one you like. The most important thing is to be active every day.

Information adapted from KidsHealth.org

This institution is an equal opportunity provider.