

Monday

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
633 Sunset Sip Vegetable Juice
685 Rosati Water Ice

6

Tuesday

234 Chicken Tenders with Potato Wedges
623 Broccoli
690 Apple Crisps
932 Cinnamon Scooby Snacks

7

Wednesday

201 Cheeseburger
634 Hash Brown
630 Dragon Punch Vegetable Juice
647 Dole Mandarin Orange Cup
915 Hamburger Bun

8

Thursday

272 Four Cheese Panini
708 Romaine Salad with Spinach & Chickpeas
752 Fruit Punch Juice

9

Friday

251 Chicken Nuggets
611 Bagged Baby Carrots
541 Chocolate Hummus
609 Dole Mixed Fruit Cup

10

253 Hot Dog with French Fries
603 Maple Baked Beans
658 Cherry Craisins
906 Hot Dog Bun

13

263 5" Round Cheese Pizza
611 Bagged Baby Carrots
633 Sunset Sip Vegetable Juice
691 Strawberry Apple Crisps

14

270 Chicken Tenders with Mac & Cheese
623 Broccoli
630 Dragon Punch Vegetable Juice
750 Apple Juice
909 Dinner Roll

15

205 Popcorn Chicken
704 French Fries
752 Fruit Punch Juice
992 Oatmeal Cookie

16

275 BBQ Chicken Filet
706 Romaine Salad with Cherry Tomatoes
684 Mixed Berry Applesauce
915 Hamburger Bun

17

269 Mini Corn Dog with Chicken Nuggets & Potato Rounds
611 Bagged Baby Carrots
545 Cranberry Orange Hummus
645 Dole Pineapple Cup
993 Holiday Cookie

20

211 Sloppy Joe
624 Garlic Green Beans
686 Rosati Water Ice
915 Hamburger Bun

21

215 Beef & Cheese Taco
639 Corn
620 Salsa
659 Watermelon Craisins
941 Tostitos Scoops

22

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
631 Cherry Star Vegetable Juice
694 Kiwi Strawberry Sidekick

23

Happy Holiday!

24

Enjoy Your Break



27

Enjoy Your Break



28

Enjoy Your Break



29

Enjoy Your Break



30

Happy New Year!



31

263 5" Round Cheese Pizza
623 Broccoli
633 Sunset Sip Vegetable Juice
658 Cherry Craisins

3

234 Chicken Tenders with Potato Wedges
631 Cherry Star Vegetable Juice
645 Dole Pineapple Cup
990 Chocolate Chip Cookie

4

292 Penne Pasta with Meat Sauce
659 Watermelon Craisins
993 Holiday Cookie

5

253 Hot Dog with French Fries
603 Maple Baked Beans
608 Dole Tropical Fruit Cup
906 Hot Dog Bun

6

210 Crispy Chicken Filet
635 Calypso Crush Vegetable Juice
611 Bagged Baby Carrots
686 Rosati Water Ice
915 Hamburger Bun

7

DECEMBER 2021

Dear Parents, Caregivers & Students,

Enjoy the holiday season full of food and festivities, we wish you all a healthy New Year. Health and wellness are often the focus as we bring in each new year. Consider being a part of the school wellness team in January. We are looking for parents, teachers, community members and health professionals to join the team to contribute to the healthy school environment! Contact Jean Falk at jfalk@ndsarch.org if interested.

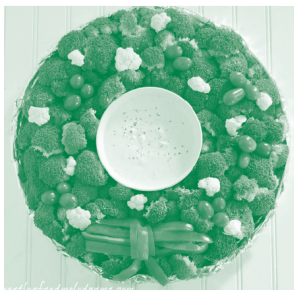
Merry Christmas from the NDS Staff

Healthy Cooking Substitutions

1c Butter or oil = 1/2c Applesauce

1c Whole milk = 1c Skim Milk

1c Cream cheese = 1/2c Ricotta cheese pureed with 1/2c Fat-Free cream cheese



Veggie Wreath



Fruit Grinch

HEALTHY HOLIDAY SNACKS

HOLIDAY SEARCH!

cookies
lights gifts
tree snow
love family
friends santa
stocking treats
happiness
gingerbread



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