

# Breakfast Bites December 2014

Start Your Day Off  
Right!



**Includes Milk, Fruit/Juice, Protein/Grain**

MONDAY- Brown Sugar Cinnamon Breakfast Round

TUESDAY- Fortified Donut Ring

WEDNESDAY- Strawberry or Cinnamon WG Pop Tart

THURSDAY- Cereal Variety w/Graham Crackers

FRIDAY- 2 Mini Muffins w/String Cheese

Food Service Director: Pam Casparro

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Winter



Wishing you a wonderful holiday season!

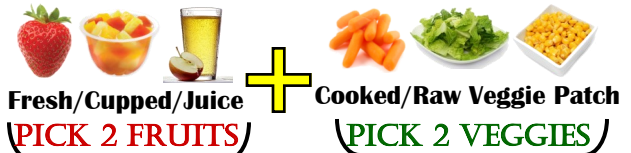


= Vegetarian Ingredients  
 = Gluten-Free Ingredients

**DAILY ALTERNATES:**  
PB & J Sandwich

**December Lunch Menu**  
Garfield Park Academy

**Choose 1 Entrée.** (3 Daily Specials & 2 Daily Alternates)  
Includes 2 Fruit & 2 Veggie Choices!



**THINK BALANCE!**

A Balanced Tray Includes...

Grain ~ Protein ~ Fruit ~ Vegetable ~ Milk

**National Pie Day!**

**National Cookie Day!**

Monday-Dec 1	Tuesday-Dec 2	Wednesday-Dec 3	Thursday-Dec 4	Friday-Dec 5
<b>Chicken Tenders</b> w/ Dinner Roll Grilled Cheese <u>Sides:</u> Veggie Medley, Apple Crisp Carrots w/ Dip	<b>Spaghetti &amp; Meatballs</b> w/ Garlic Toast Chef Salad <u>Sides:</u> Silly Spinach Salad Celery Sticks	<b>BBQ Chicken</b> w/ Mac & Cheese Cheeseburger On a Bun <u>Sides:</u> Potato Wedges Corn	<b>Big Daddy's Pizza</b> By The Slice Chicken Caesar Salad <u>Sides:</u> Waffle Fries-Peppermint Cookie Broccoli Bites w/Hummus	<b>Bologna &amp; Cheese</b> On a Kaiser Turk & Ch Hoagie <u>Sides:</u> Fun Size Chips Mixed Patch w/Dip
Monday-Dec 8	Tuesday-Dec 9	Wednesday-Dec 10	Thursday-Dec 11	Friday-Dec 12
<b>Mozzarella Sticks</b> w/ Breadstick Garden Salad w/ Cheese <u>Sides:</u> Warm Carrot Coins Cucumber Slices	<b>Chix Cheese Steak</b> On a Torpedo Roll Chicken Patty on a Bun <u>Sides:</u> Swirly Curly Fries Celery Sticks	<b>Gr. Chicken Flatbread</b> w/ Cheese & Bacon Buffalo Chicken Salad <u>Sides:</u> Tomato, Cukes, Chic Pea Sal. Fruit & Yogurt Parf.	<b>Stuffed Crust Pizza</b> By The Slice Bacon, Egg, Cheese on Bagel <u>Sides:</u> Crazy Corny Succotash Broccoli Bites w/Dip	<b>Ham &amp; Cheese</b> On a Roll Chicken Sal Sliders w/Grapes <u>Sides:</u> Bag of Pretzels Mixed Patch w/Dip
Monday-Dec 15	Tuesday-Dec 16	Wednesday-Dec 17	Thursday-Dec 18	Friday-Dec 19
<b>Meatball Parmesan</b> On a Torpedo Roll Grilled Cheese <u>Sides:</u> Easy Cheesy Broccoli Bake Carrots w/ Dip	<b>Mini Pancakes</b> w/ Sausage Chef Salad <u>Sides:</u> Tumblin Tator Tots Celery Sticks	<b>Popcorn Chicken</b> w/ Buttered Pasta Cheeseburger On a Bun <u>Sides:</u> Candied Sweet Potatoes Rice Pudding	<b>Cheese Pizza</b> By The Slice Chicken Caesar Salad <u>Sides:</u> Veg gie Blend-Fortune Cookie Broccoli Bites w/Dip	<b>Chicken Caesar</b> Wrap Turk & Ch Hoagie <u>Sides:</u> Bag of Chips Mixed Patch w/Dip

**Welcome Winter Day!**

Monday-Dec 22	Tuesday-Dec 23
<b>Bacon CheeseBrrr-ger</b> On a Bun Snowball Salad w/ Cheese <u>Sides:</u> Icicle Crinkle Fries Carrots w/ Dip	<b>Early Dismissal</b>  <b>Breakfast Only</b>

**'Tis The Season of Spices...Sprinkle Away!**

**SUPER CINNAMON**— can help ward off colds, lower cholesterol, keep blood sugar in check & lower your risk of heart disease.  
**POWERFUL PEPPERMINT**— can ease nausea, stomach cramps, bloating and calm a headache. Try a cup of peppermint tea!  
**CALMING NUTMEG**— can combat insomnia & regulate your digestive system.



**Cinnamon & Nutmeg Rice Pudding**

3/4 c rice, 1/8 c water, 1 pinch salt, 1/2 c sugar, 2 c milk, 1 egg, 1/2 tsp cinnamon, 1/4 tsp nutmeg, 1 TBSP butter. Boil rice for 18 min. In a separate pot dissolve sugar into 1.5 c milk on low heat. Add rice to mixture & heat over Med heat for 15-20 min. Combine 1/2 c milk in a measuring cup, egg, vanilla & spices. Pour the measuring cup mixture into the rice mixture and fold in butter. Cover with plastic wrap and serve warm or chilled.

Happy Holidays from the Westampton Cafeteria Staff:  
Pam, Nettie, Julia, Debbie, Gloria, Sharon, Heather & Robin

**Milk Choices** Skim White Chocolate Strawberry 1% White Lactaid

Look for snacks, nutrition & menu descriptions posted on the school website!

This institution is an equal opportunity provider & employer.