



### Pre K Counts

This institution is an equal opportunity provider. Menus are subject to change.

#### Tuesday, December 2

##### Breakfast

Milk, fruit  
Assorted cereal

##### Lunch

Mickey's French bread pizza  
Goldfish cheese crackers  
Steamed mixed vegetables  
Goldfish graham cookies

#### Wednesday, December 3

##### Breakfast

Juice, fruit  
Assorted muffins

##### Lunch

Chicken tenders with dip  
Mashed potatoes  
Buttered corn  
Pears

#### Thursday, December 4

##### Breakfast

Milk, fruit  
Assorted cereal

##### Lunch

Cheeseburger on wheat bun  
Baked corn chips  
Lettuce, tomato, dill pickles  
Peaches

#### Friday, December 5

##### Breakfast

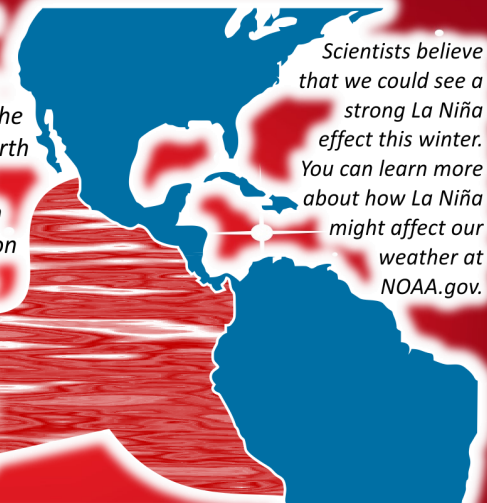
Juice, fruit  
Assorted muffins

##### Lunch

French toast  
Hash browns  
Sausage patty  
Orange smiles

The climate phenomenon known as "La Niña" occurs in years when Pacific Ocean waters off the coast of Central and South America become cooler than usual. La Niña tends to make the southwestern states drier, the southern U.S. warmer and drier, the northwest and north central states colder and snowier, and the mid-Atlantic and northeast warmer, resulting in more mixed precipitation for those folks.

# La Niña



Scientists believe that we could see a strong La Niña effect this winter. You can learn more about how La Niña might affect our weather at NOAA.gov.



## What's on YOUR plate?

## REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

# OUT COLD.

Not only do kids eat more in the winter, they also tend to exercise less.

Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



Where do all of our crazy names for food come from?



**WORDS OF MOUTH**

## This month: "Caesar Salad"

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.

Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special!

Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!



**Monday, December 8**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Pepperoni Stromboli  
Marinara sauce  
Garlic butter green beans  
Cinnamon apple slices

**Tuesday, December 9**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Chicken fajita bowl  
Rice, peppers & onions  
Salsa, sour cream  
Fruit filled churro

**Wednesday, December 10**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Muhl muffin sandwich  
(Egg, sausage, cheese)  
Tater tots  
Orange smiles

**Thursday, December 11**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Corn dog nuggets  
Mac & cheese  
Baked beans  
Fresh fruit selection

**Friday, December 12**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Mickey's pizza slice  
French fries  
Raw veggie sticks w/ranch  
Applesauce

**Monday, December 15**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Chicken patty sandwich  
Waffle fries  
Broccoli with cheese sauce  
Pears

**Tuesday, December 16**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Biria chicken tacos  
Crispy tortillas, jack cheese  
Rice, cilantro, raw onion, lime  
Tropical fruit salad

**Wednesday, December 17**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Grilled cheese sandwich  
Tomato soup  
Goldfish crackers  
Fruit cocktail

**Thursday, December 18**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Sweet and sour chicken  
White rice  
Stir fry vegetables  
Mandarin oranges

**Friday, December 19**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Bosco cheese filled sticks  
Marinara sauce  
Caesar salad  
Side kick fruit ice

**Monday, December 22**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Chef's choice entrée  
Chef's choice side  
Chef's choice side  
Cerf's choice dessert

**Tuesday, December 23**

### Breakfast

Juice, fruit  
Assorted muffins

### No lunch Today

See you Next year!



**HAPPY 2026!**

Last day of school:  
Tuesday, Dec. 23

Classes resume:  
Monday, Jan. 5

**SEE YOU NEXT YEAR!**