

# December Menu

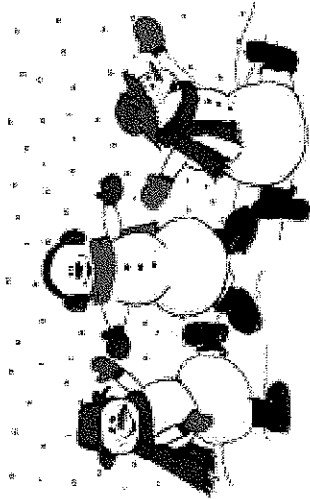
Monday

Tuesday

Wednesday

Thursday

Friday



## Important Information:

**No School:**

December 25th-January 1st

Pepperoni Pizza

Tossed Salad with  
Carrots  
Assorted Fresh  
Fruit

4  
Popcorn Chicken  
& Ranch

Tator Tots  
Chilled Pears

5  
Italian Meat Sauce  
& Rotini

Sunbelievable  
Slushie  
Blueberries &  
Cream

6  
Cheeseburger

Carroteenies  
**Craisins**

7  
Baked Chicken

Dinner Roll  
Baked Beans  
Applesauce Cup

8  
Sloppy Joe

Tossed Salad with  
Tomatoes  
Assorted Fresh  
Fruit

## Menu Spotlight: Cranberries

### Fast Facts:

Cranberries are fruit that grow on long vines in marshes and bogs. They are one of only three common fruits that are native to North America. Wisconsin is one of the largest cranberry producing states in the United States.

### Recipe Ideas:



Cranberries are naturally low in sugar, so they are commonly paired with oranges in breads and sauces. Cranberry orange bread is a great addition to any holiday meal. A homemade cranberry sauce is delicious on roasted chicken or turkey. Dried cranberries are great on salads or in a yogurt parfait.

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**DC Everest School Nutrition**

Monday

11

Santa Fe Salad &  
Corn Chips  
Fiesta Beans  
Strawberry Cup

Tuesday

12

Local Portesi  
Italian Flatbread  
Pizza  
Tossed Salad with  
Cucumbers  
Fruit Slushie

Wednesday

13

Hot 'n spicy  
Chicken Sandwich  
Steamed Corn  
Chilled Peaches

Thursday

14

Grilled Cheese  
Sandwich  
Creamy Tomato  
Soup  
Assorted Fresh  
Fruit

Friday

15

Southwest Tacos  
Fresh Veggies &  
Dip  
Chilled Mixed  
Fruit

### Did You Know?

Cranberry growers use bouncboards to separate the good cranberries from the bad. If a cranberry bounces, it is fresh.

18

Pizza Dippers  
Carrot Coins  
Assorted Fresh  
Fruit

19

Pizza Bake  
Fresh Veggies &  
Dip  
Blueberries &  
Granola

20

Cheddar Omelet &  
Muffin  
Blueberry Lemon  
Bites  
Tossed Salad with  
Tomatoes  
**Craisins**

21

Hot Turkey &  
Gravy with Dinner  
Roll  
Whipped Potatoes  
Chilled Pears

22

Nachos Grande  
Refried Beans  
Applesauce Cup

### Challenge

Cranberries are often served dried like Craisins or in a sauce.

This month try a fresh cranberry.

Look for the  to find menu items that contain cranberries!

25

No School

26

No School

27

No School

28

No School

29

No School



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

### Joke of the Month:

What is the oldest type of cranberry?

A Grandberry