


DECEMBER 2015

High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Follow us on Twitter!</p>  <p>@ccsdnutrition</p>	<p>1 Asian Chicken Bites & Rice Sweet & Sour Chicken & Rice Pizza (Cheese or Supreme) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Edamame Succotash Glazed Carrots Fresh Vegetables & Dip Fresh Orange Peaches Freshly-baked Cookie*</p>	<p>2 Rotini & Meat Sauce w/ Breadstick Cheesy Breadsticks & Marinara Pizza (Cheese or Pepperoni) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Steamed Kernel Corn Garden Salad Steamed Broccoli Fresh Bananas Mandarin Oranges Ice Cream</p>	<p>3 Jambalaya Crispy Chicken Sandwich Garlic & Cheese Flatbread Supreme Pizza Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Baked Sweet Potato Steamed Cabbage Fresh Vegetables & Dip Fresh Grapes Pineapple</p>	<p>4 Buffalo Chicken Bites Hamburger or Cheeseburger Pizza (Cheese or Pepperoni) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Potato Sidewinders Carrots/Celery & Dip Baked Beans Fresh Pear Fruit Cocktail</p>
<p>7 Beef Tacos* Beef & Cheese Nachos* Pizza (Cheese or Pepperoni) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Roasted Corn & Bell Peppers Shredded Lettuce, Salsa, & Guacamole Charro Beans Fresh Orange Pears Fresh Jalapenos, Cilantro, & Olives</p>	<p>8 Chicken Pot Pie Grilled Cheese Sandwich Pizza (Cheese or Supreme) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Garden Salad Tomato Soup Fresh Vegetables & Dip Fresh Grapes Tropical Fruit Ice Cream</p>	<p>9 Beef Chili & Confetti Cornbread Grilled Chicken Sandwich Pizza (Cheese or Pepperoni) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Baked Potato Broccoli & Cheese Fresh Vegetables & Dip Fresh Banana Peaches</p>	<p>10 Holiday Ham w/ Yeast Roll* Hot Dog Garlic Cheese Flatbread Supreme Pizza Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Green Beans Glazed Sweet Potatoes Garden Salad Fresh Red Navel Orange Fruit Salad Fruit Crisp</p>	<p>11 Crispy Chicken Bites Spicy Chicken Sandwich Pizza (Cheese or Pepperoni) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Herb-Roasted Potatoes Carrots & Dip Coleslaw Seasonal Fresh Fruit Manager's Choice Fruit</p>
<p>14 Chicken Fajitas Bean & Cheese Burrito Pizza (Cheese or Pepperoni) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Garden Salad Shredded Lettuce, Salsa, & Guacamole Seasonal Fresh Fruit Strawberry Cup</p>	<p>15 Oven-roasted Chicken & Yeast Roll BBQ Pork Sandwich Pizza (Cheese or Supreme) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Collard Greens Fresh Vegetables & Dip Black eye Peas Fresh Orange Fruit Cocktail Ice Cream</p>	<p>16 Steak & Gravy with Yeast Roll Turkey & Cheese Croissant Pizza (Cheese or Pepperoni) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Steamed Kernel Corn Garden Salad Vegetable Soup Fresh Banana Pears</p>	<p>17 Chicken Tenders & French Bread Sloppy Joe Sandwich Garlic & Cheese Flatbread Supreme Pizza Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Roasted Butternut Squash Steamed Cabbage Fresh Vegetables & Dip Tropical Fruit Freshly-baked Cookie</p>	<p>18 Crispy Chicken Sandwich Fish Sandwich Pizza (Cheese or Pepperoni) Pre-packaged Entrée Salad PBJ Grab Bag</p> <p>Sides: Crinkle Cut Fries Carrots & Dip Seasonal Fresh Fruit Raisins</p>
21	22	23	24	25
28	Winter Holiday! School resumes Jan. 5, 2016			31

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Hot Chocolate Truffles

Ingredients:

- 12 ounces semisweet chocolate chips
- 1 cup heavy cream
- 1 Tbsp sugar
- 1/8 tsp salt

Steps:

1. In a medium bowl, combine all ingredients. Microwave for one minute intervals, stirring often, until mixture is very smooth & silky.
2. Cool mixture for 10 minutes, then cover & place in the refrigerator for 2-3 hrs.
3. Once mixture is firm, scoop out 1/4 cup spoonfuls. Place on waxed paper lined baking sheet and put back in the fridge for 20 minutes.
4. Roll chilled mounds into balls, then wrap in plastic wrap. Freeze until ready to use.
5. To make some hot chocolate, unwrap ball and place in microwave safe mug, add 1 1/4 cup of milk. Heat for 2 minutes. Stir well & enjoy!



STAY ACTIVE OVER THE HOLIDAYS

It is okay to play in the cold, just be sure to cover your head, fingers, & toes! Wearing layers is the best way to stay warm too.

1. Visit an elementary school playground. Our sites are open for play even when school is out!
2. Check out a park. ACC Leisure Services has activities planned at area parks throughout the holiday break.
3. Take the family on an outdoor adventure through the neighborhood in the afternoon since afternoons tend to be the warmest part of the day.
4. Feeling extra festive? Head to the NC mountains for some fun in the snow. Ski slopes and tubing sites should be open in the coming weeks.



Breakfast Menu

Monday

Choice of Entrée:
Sausage Biscuit
Breakfast Bun
Cereal & Pop Tart

Tuesday

Choice of Entrée:
Chicken Biscuit
PBJ Bar
Cereal & Grahams

Wednesday

Choice of Entrée:
Egg & Cheese McMuffin
Mini Cinnis
Cereal & Pop Tart

Thursday

Choice of Entrée:
Chicken Biscuit
Mini Pancakes
Greek Yogurt & Granola

Friday

Choice of Entrée:
Donut
Mini Waffles
Cereal & Crackers

Available Every Day:

8 oz. Milk
4 oz. Juice
Seasonal Fresh Fruit
Manager's Choice Fruit

LOCALLY-GROWN GEORGIA ITEMS

This month we are spotlighting...

- **Red Mule Grits** from Mills Farm in Athens, GA
- **Apples** from Blue Haven Orchard, Clayton, GA
- **Cabbage, Broccoli, & Cauliflower** from Robinson Fresh, Tifton, GA
- **Bell Peppers & Cabbage** from Osage Farms, Rabun Gap, GA
- **Butternut Squash** from Moore & Porter, Thomasville, GA
- **Collard Greens** from Wilkinson Cooper, Camilla, GA



WELLNESS UPDATE

Our second district wellness meeting took place on Tuesday, November 10th. We had a great turnout; all schools, but 1, were represented. Our wellness champions split up into two groups depending on their level. Elementary schools made up one group, and middle & high schools made up the other group.

Sessions were led by Sean Brock with the Alliance for a Healthier Generation & Sharon Rhodes with SUDIA.

Sean focused on best practices in Physical Education; whereas, Sharon educated the champions on the various grant opportunities available through NFL's Fuel Up to Play 60 program. For the entire meeting's minutes, visit the 'Wellness Efforts' page at www.clarke.k12.ga.us/offices.cfm?subpage=43881.

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