

December 2025

Thermalito Union Elementary School District

This institution is an equal opportunity provider

Menu Subject to Change

 Freshly Prepared On Site

Monday, December 1

Breakfast

Cherry Frudel or
Cinnamon Toast
Cereal

Offered w/ Breakfast

Banana
Juice

Lunch

Hamburger

Offered w/ Lunch

Fruit & Veggie Bar

Tuesday, December 2

Breakfast

Egg & Turkey Ham
Croissant Sandwich or
Coco Puffs Cereal

Offered w/ Breakfast

Banana
Juice

Lunch

Spaghetti & Meat
Sauce

Garlic Breadstick

Offered w/ Lunch

Fruit & Veggie Bar

Wed., December 3

Breakfast

Strawberry Scone or
Honey Cheerios

Offered w/ Breakfast

Apple
Juice

Lunch

Popcorn Chicken

Offered w/ Lunch

Waffle Fries

Dinner Roll

Fruit & Veggie Bar

Thursday, December 4

Breakfast

Egg & Sausage Biscuit
Sandwich

Offered w/ Breakfast

Orange
Juice

Lunch

Chicken Fajitas

Offered w/ Lunch

Vegetarian Refried

Beans

Fruit & Veggie Bar



Every complete meal
we serve comes with
your choice of milk!

Friday, December 5

Breakfast

Fresh Baked
Cinnamon Roll or
Multi Grain Cheerios
& Strawberry Waffle
Grahams

Offered w/ Breakfast

Orange
Juice

Lunch

Ciabatta Cheese Melt

Offered w/ Lunch

Fruit & Veggie Bar

Monday, December 8

Breakfast

Country Breakfast
Calzone or
Coco Puffs Cereal

Offered w/ Breakfast

Apple
Banana

Lunch

Glazed Chicken Wings

Offered w/ Lunch

Mashed Potatoes

Corn on the Cob

Dinner Roll

Fruit & Veggie Bar

Tuesday, December 9

Breakfast

Biscuits with Country
Gravy or
Cinnamon Rice Chex
Cereal

Offered w/ Lunch

Banana
Juice

Lunch

Teriyaki Beef Dippers
& Rice Bowl

Offered w/ Lunch

Green Beans

Fruit & Veggie Bar

Wed., December 10

Breakfast

Banana Muffin or
Golden Graham
Cereal & Yogurt

Offered w/ Breakfast

Apple
Orange

Lunch

Pepperoni Pizza

Offered w/ Lunch

Fruit & Veggie Bar

Thursday, December 11

Breakfast

Scrambled Eggs,
Turkey Sausage, Toast
or Cinnamon Toast
Cereal

Offered w/ Breakfast

Banana
Juice

Lunch

Chicken Egg Roll &
Fried Rice

Offered w/ Lunch

Fruit & Veggie Bar

Friday, December 12

Breakfast

Fresh Baked
Cinnamon Roll or
Multi Grain Cheerios
& Strawberry Waffle
Grahams

Offered w/ Breakfast

Apple
Orange

Lunch

Mexicali Taco Boat

Offered w/ Lunch

Fruit & Veggie Bar

FIND 3 DIFFERENCES



Here's wishing you a bright and happy
holiday season!



Thermalito Union
School District



YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG



NUTRITION *TO GO*

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

A QUICK BITE FOR PARENTS

Monday, December 15

Breakfast

Cherry Frudel or
Cinnamon Toast
Cereal

Offered w/ Breakfast

Banana

Juice

Lunch

Popcorn Chicken Bowl

Offered w/ Lunch

Fruit & Veggie Bar

Tuesday, December 16

Breakfast

Biscuit & Gravy with
Turkey Sausage or
Coco Puffs Cereal

Offered w/ Breakfast

Banana

Juice

Lunch

Spaghetti & Meat
Sauce

Offered w/ Lunch

Garlic Breadstick
Fruit & Veggie Bar

Wed., December 17

Breakfast

Vanilla Concha or
Honey Cheerios

Offered w/ Breakfast

Applesauce

Orange

Lunch

Garlic French Bread
Cheese Pizza

Offered w/ Lunch

Fruit & Veggie Bar

Thursday, December 18

Breakfast

Egg & Sausage Biscuit
Sandwich or
Cinnamon Toast
Cereal

Offered w/ Breakfast

Orange

Juice

Lunch

Mashed Potatoes,
Turkey Gravy, Dinner
Roll

Offered w/ Lunch

Green Beans

Corn on the Cob

Fruit & Veggie Bar

Friday, December 19

Breakfast

Fresh Baked
Cinnamon Roll or
Multi Grain Cheerios
& Strawberry Waffle
Grahams

Offered w/ Breakfast

Orange

Juice

Lunch

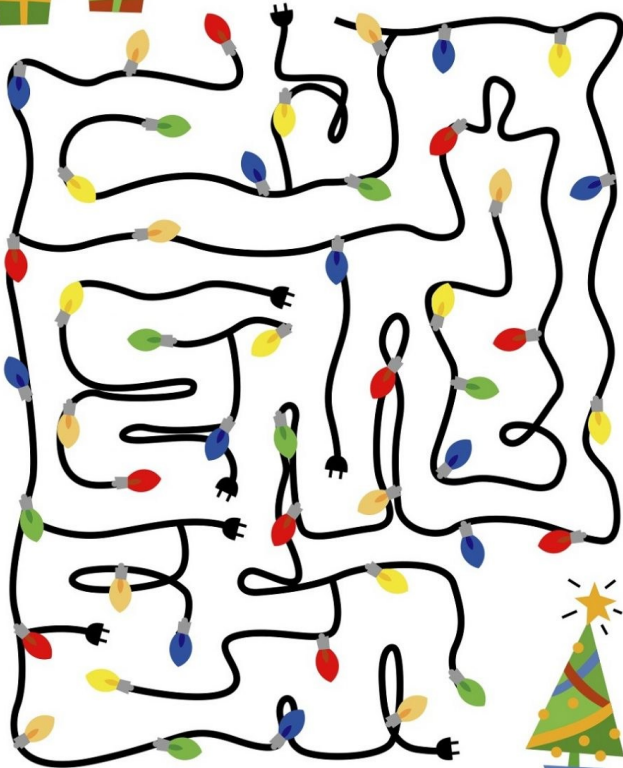
Holiday Chicken
Nuggets

Offered w/ Lunch

Holiday Cookie
Fruit & Veggie Bar



Make Santa's Christmas merry and bright
By helping him through this maze of lights!



Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North American name for the reindeer, "caribou," comes from a Native American word, "qalipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food!



Word play

HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning.

Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



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

Word of the Month service

noun 1. help, use, benefit <happy to be of service> 2. contribution to the welfare of others 3. a helpful act <did her a service>

Penguin

"Penguin" comes from the words meaning "white head" in Welsh. Anyone notice a problem here?

Word play

