



Manzanita School

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

Monday, December 1

Breakfast

Mini Waffles
Juice, Fruit and Milk

Lunch

Chicken Nuggets and Sun
Chips
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, December 2

Breakfast

Benefit Bars
Juice, Fruit and Milk

Lunch

Taco and Refried beans
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, December 3

Breakfast

French Toast
Juice, Fruit and Milk

Lunch

Chicken sandwich and
Nachos
Milk, Fruit, Veggie, and
Salad Bar

Thursday, December 4

Breakfast

Honey and Peanut butter
Sandwich
Juice, Fruit and Milk

Lunch

Brunch for Lunch
Pancakes, Sausage, and
Hash brown
Milk, Fruit, Veggie, and
Salad Bar

Friday, December 5

Breakfast

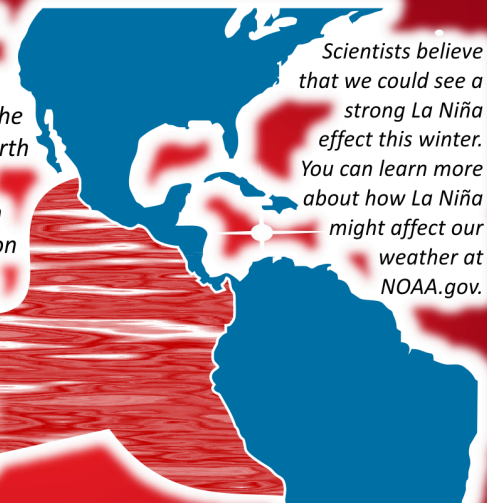
Variety of Cereal
Juice, Fruit and Milk

Lunch

French Bread Pizza
Milk, Fruit, Veggie, and
Salad Bar

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.



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!



YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Learn more at www.CHOOSEMYPLATE.gov or 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

Cini Mini
Juice, Fruit and Milk

Lunch

Mac-N-cheese and breadstick
Milk, Fruit, Veggie, and Salad Bar

Tuesday, December 9

Breakfast

Mini Pancakes
Juice, Fruit and Milk

Lunch

PB&J, Crackers and Cheese stick
Milk, Fruit, Veggie, and Salad Bar

Wednesday, December 10

Breakfast

Biscuit and Gravy
Juice, Fruit and Milk

Lunch

Hot dogs and Chili
Milk, Fruit, Veggie, and Salad Bar

Thursday, December 11

Breakfast

Cheese Omelet and Hash brown
Juice, Fruit and Milk

Lunch

Alfredo Chicken and Bread stick
Milk, Fruit, Veggie, and Salad Bar

Friday, December 12

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Pizza
Milk, Fruit, Veggie, and Salad Bar

Monday, December 15

Breakfast

Muffin
Juice, Fruit and Milk

Lunch

Chicken Nuggets and Sun Chips
Milk, Fruit, Veggie, and Salad Bar

Tuesday, December 16

Breakfast

Bagel and Cream cheese
Juice, Fruit, and Milk

Lunch

Hamburger and Baked chips
Milk, Fruit, Veggie, and Salad Bar

Wednesday, December 17

Breakfast

French Toast
Juice, Fruit, and Milk

Lunch

Corn Dog and Fava Beans
Milk, Fruit, Veggie, and Salad Bar

Thursday, December 18

Breakfast

Strawberry glazed Scone
Juice, Fruit and Milk

Lunch

Orange Chicken and Rice
Milk, Fruit, Veggie, and Salad Bar

Friday, December 19

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Stuffed Crust Pizza
Milk, Fruit, Veggie, and Salad Bar

Available Daily

Cheerio cereal with graham cracker offered as an option at breakfast.

Deli sandwich and yogurt bundle offered as an option at lunch.

HAPPY 2026!

Last day of school:
Friday Dec. 19th

Classes resume:
Monday, Jan. 5

SEE YOU NEXT YEAR!

