

Fresh Ideas for Breakfast

December 1 - 21, 2011

Monday

Tuesday

Wednesday

Thursday

Friday

December

			1 Croissant Turkey Sausage Fresh Fruit Milk	2 Fruit Muffin String Cheese Fresh Fruit Milk
5 Breakfast Burrito Fresh Fruit Milk	6 Cereal Turkey Sausage Fresh Fruit Milk	7 French Toast Egg Patty Fresh Fruit Milk	8 Biscuit Turkey Sausage Fresh Fruit Milk	9 Granola Bar Yogurt Fresh Fruit Milk
12 Bagel Egg Patty Fresh Fruit Milk	13 Pancakes Turkey Sausage Fresh Fruit Milk	14 Breakfast Potatoes w/ Turkey Sausage Fresh Fruit Milk	15 Yogurt Granola Bar Fresh Fruit Milk	16 Biscuit Egg Patty Fresh Fruit Milk
19 Breakfast Rice w/Turkey Sausage Fresh Fruit Milk	20 Waffle Turkey Sausage Fresh Fruit Milk	21 Croissant String Cheese Fresh Fruit Milk		

All Fresh Ideas menus are subject to change due to product shortage or program needs.

FRESH IDEAS HEALTH CORNER

Fruit of the Month...

Apples



Did you know????

2,500 varieties of apples are grown in the United States.

Apple trees take four to five years to produce their first fruit.

Apples are a member of the rose family.

The largest apple picked weighed three pounds.

The average size of a United States orchard is 50 acres.

Biscuit Snowman

Refrigerated biscuits
-3 biscuits per snowman
Raisins
Pretzel sticks
Cookie sheet



What You Do:

To assemble each snowman, lay 3 biscuits vertically on a cookie sheet. Add raisins for eyes, nose, mouth and buttons. Use the pretzel sticks for arms.

Bake as directed on the biscuit can

Ask the Dietitian!

Be sure to email your questions or concerns to: askthedietitian@freshideasllc.com

Fresh Ideas for Lunch

December 1 - 21, 2011

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Nuggets Green Beans Fresh Fruit Milk	2 Beef Taco Salad Fresh Fruit Milk
5 Turkey Hot Dog Coleslaw Fresh Fruit Milk	6 Beef Salisbury Steak Mash Potato Fresh Fruit Milk	7 Chicken Stew w/ Biscuit Fresh Fruit Milk	8 Beef Spaghetti Garden Salad Fresh Fruit Milk	9 Turkey Mini Corn Dogs Mixed Vegetables Fresh Fruit Milk
12 Chicken Soft Taco Corn Fresh Fruit Milk	13 Beef Hamburger Carrots Fresh Fruit Milk	14 HOLIDAY FEAST Turkey & Dressing Casserole Green Beans Fresh Fruit Milk	15 Chicken Crispito Mixed Vegetables Fresh Fruit Milk	16 Papa John's Cheese Pizza Tossed Salad Fresh Fruit Milk
19 Beef Cheese Burger Tater Tots Fresh Fruit Milk	20 Beef Meatball Sandwich Corn Fresh Fruit Milk	21 Cheese Bosco Sticks Tossed Salad Fresh Fruit Milk		

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HAPPY HOLIDAYS!



Email: dtibbetts@freshideasfood.com
MONTHLY MENU SITE:
www.freshideasllc.com/menus/sllis

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Breakfast and Lunch menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and Vitamins A & C. All menus are approved by our Corporate Dietitian: Pat Holmes, RD.