




# December 2018

## Ewing School Preschool Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> NO PRESCHOOL	<b>4</b> BBQ Chicken Breast Baked Beans Peaches Whole Grain Biscuit Milk	<b>5</b> Cheeseburger on Whole Wheat Bun French Fries Tropical Fruit Milk	<b>6</b> Whole Grain Grilled Cheese California Blend Veggies Medium Banana Milk	<b>7</b> Whole Grain Cheese Pizza Corn Applesauce Milk
<b>10</b> NO PRESCHOOL	<b>11</b> Whole Grain Peanut Butter and Jelly Peas Raisins Milk	<b>12</b> Chicken Patty on Whole Wheat Bun Steamed Broccoli Mixed Fruit Milk	<b>13</b> Meatloaf Patty Green Beans Whole Grain Roll Medium Banana Milk	<b>14</b> Whole Grain Mozzarella Sticks Marinara Sauce Pineapple Tidbits Milk
<b>17</b> NO PRESCHOOL	<b>18</b> Chicken Nuggets California Blend Veggies Craisins Whole Grain Cookie Milk	<b>19</b> Meatloaf Patty Peas Tropical Fruit Whole Grain Roll Milk	<b>20</b> Baked Ham Scalloped Potatoes Green Beans Whole Grain Apple Breadstick Milk	<b>21</b> Whole Grain Stuffed Crust Pizza Sweet Potatoes Peaches Milk
<b>24</b> WINTER BREAK NO SCHOOL	<b>25</b> 	<b>26</b> WINTER BREAK NO SCHOOL	<b>27</b> WINTER BREAK NO SCHOOL	<b>28</b> WINTER BREAK NO SCHOOL
<b>31</b> WINTER BREAK NO SCHOOL				

# Happy Holidays!

### As Good as Pie

This holiday season experiment with using fruit for your dessert instead of pie. You can cut up fresh fruit and layer in a glass or parfait dish using nonfat whipped cream between the layers. Or, have some fun baking pears, apples, apricots, cherries and bananas. Slice, sprinkle with cinnamon and bake at 350 degrees until tender. Serve with frozen yogurt.



\*Mixed Vegetables consist of peas, carrots, green beans, corn, and lima beans; California Blend Veggies consist of cauliflower, broccoli, and carrots.

\*\*Mixed Fruit consists of peaches, pears, and grapes in juice; Tropical Fruit consists of pineapple, papaya, and guava in a light syrup; Mixed Berries consist of strawberries, blueberries, and raspberries.