Eating a well-balanced, nutritious diet has been shown to lower the risk of coronary heart disease, stroke, some cancers, and osteoporosis. With all of the food available, it is important to look at the Nutrition Facts Label, which is on almost all packaged foods, to determine which products to buy. Food labels include:

- **% Daily Value:** Shows what portion of the daily recommended nutrients the product provides based on a 2,000 calorie diet.
- **Serving Size:** The amount of food or drink that is typically consumed as a serving as determined by the manufacturer.
- **Servings Per Container:** The number of servings in each package or container.
- **Nutrients:** The label lists the amount fat, saturated fat, trans fat, cholesterol, sodium, carbohydrates, fibers, sugars, protein, Vitamin D, calcium, iron, and potassium in each product. Choose foods that have a higher % daily value in fiber, protein, Vitamin D, calcium, iron, and potassium and a lower % daily value in saturated fat, trans fat, cholesterol, sodium, and sugar. A food with a 5% daily value or less is considered low in a nutrient and a food with a daily value of 20% or more of a nutrient is considered high in that nutrient. Use this as a guide when selecting packaged goods for optimal health!

### Week of Dec 2-6, 2019

#### Cycle 1

**Monday December 2**
- **Breakfast**
  - Piggy Wiggly Wrap with Maple Syrup
  - Applesauce Cup
- **Lunch**
  - Pepperoni Pizza
  - Fresh Grape Tomatoes
  - Chilled Diced Peaches

**Cycle 2**

**Tuesday December 3**
- **Breakfast**
  - Glazed Raised Donut
  - Frozen Peach Cup
- **Lunch**
  - Chicken Nuggets
  - Fresh Salad Mix
  - Cheese Patty
  - Tea Roll
  - Frosen Whole Strawberries

**Wednesday December 4**
- **Breakfast**
  - Cinnamon Muffin Square
  - Iced Strawberry Cup
- **Lunch**
  - Tangerine Chicken in a Brown Stew
  - Brown Rice
  - Sugar Cookie with Sprinkles

**Cycle 3**

**Thursday December 5**
- **Breakfast**
  - A+ Biscuit
  - Fresh Banana
- **Lunch**
  - BBQ Chicken Drumsticks
  - Mini Cornbread Muffin
  - Fresh Apple Slices

#### Cycle 4

**Friday December 6**
- **Breakfast**
  - Warm Pancakes
  - With Maple Syrup
  - Fresh Apple Slices
- **Lunch**
  - Mini Corn Dogs
  - Sweet Potato Fries
  - Chilled Diced Peaches

### Week of Dec 9-13, 2019

#### Cycle 5

**Monday December 9**
- **Breakfast**
  - Cinnamon Glazed French Toast
  - Applesauce Cup
- **Lunch**
  - Beef Ranchero Pizza
  - Fresh Grape Tomatoes
  - Chilled Butternut Squash
  - Chilled Diced Peaches

**Cycle 6**

**Tuesday December 10**
- **Breakfast**
  - Glazed Cinnamon Roll
  - Fresh Kiwi
- **Lunch**
  - General Tso Chicken
  - Steamed Brown Rice
  - Fresh Mixed Salad
  - Chilled Broccoli Trees
  - Fresh Apple Slices

**Wednesday December 11**
- **Breakfast**
  - Orange Crumble Muffin Top
  - Vanilla Bear Graham
  - Fresh Apple Slices
- **Lunch**
  - Pork Tenderloin on a Bun
  - X-Ray Vision Carrots
  - Spudizilla Whipped Potatoes
  - Breadsticks
  - Fresh Cranberries

### Complimentary Breakfast is available for ALL Enrolled Students in All Schools!