

# DECEMBER 2014



## Elementary Breakfast & Lunch Menus



### CHEF MANNY PANDA'S NUTRITION FACTS

#### Easy Apple Crisp

Serves 8

<b>3</b>	<b>Apples, sliced</b>
<b>1 tsp</b>	<b>Cinnamon</b>
<b>2 Tbsp</b>	<b>All-purpose flour</b>
<b>2 Tbsp</b>	<b>Sugar</b>
	<b><u>Topping:</u></b>
<b>1 cup</b>	<b>Quick oats</b>
<b>1 tsp</b>	<b>Vanilla</b>
<b>1/2 tsp</b>	<b>Cinnamon</b>
<b>1/4 cup</b>	<b>Brown sugar</b>
<b>2 Tbsp</b>	<b>Butter or margarine</b>

#### Food and Nutrition Services

Director: Althea Albert-Santiago

Phone: 314-345-4519

Director of Dining Services: Mike Butler, 314-381-4155 Associate

Director of Nutrition Operations: Megan Fraley, 314-381-4155



The holidays are a great time to gather the family and celebrate loved ones. What better way is there to spread the love than through baking? This holiday season, let the kids don their aprons and try their hands at Easy Apple Crisp. With crisp apples and hearty oats, this fiber-rich dish is sure to warm the tummy just as baking together warms the heart.

Try this recipe with the kids for a dessert that is fast, festive, full of fiber, and fun!

#### **Chef Manny Panda's Healthy Café Recipe Directions For Easy Apple Crisp:**

1. Preheat oven to 325 degrees.
2. Mix first four ingredients and place into 9-inch (square or round) baking dish.
3. In small bowl, mix topping ingredients until crumbly. Sprinkle topping over the apples.
4. Bake at 325 degrees until apples are soft and topping is golden brown (about 30 minutes).
5. Let cool and enjoy!

#### **PUTTING CHILD NUTRITION FIRST!**

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



# SLPS

## ELEMENTARY BREAKFAST

Fresh Fruit and Juice Bar Served Daily!



December 2014

### Monday

1- French Toast w/ syrup (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Grape Juice, Applesauce

8- Cinnamon Raisin Bagel (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Pineapple Tidbits

15- Mini Blueberry Pancakes  
w/ syrup (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Apple

22- WINTER HOLIDAY!

29- WINTER HOLIDAY!

### Tuesday

2- Breakfast Turkey Sausage  
Pizza  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

9- Egg & Potato Burrito (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Applesauce

16- Banana Loaf (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Applesauce

23- WINTER HOLIDAY!

30- WINTER HOLIDAY!

### Wednesday

3- Turkey Sausage and  
Cheese Biscuit  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

10- Pancakes w/ syrup (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

17- Cinnamon French Toast  
w/ syrup (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Grape Juice, Pineapple Tidbits

24- WINTER HOLIDAY!

31- WINTER HOLIDAY!

### Thursday

4- Strawberry Nutrigrain Bar &  
String Cheese (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Pineapple Tidbits

11- Strawberry Banana Yogurt w/  
Graham Crackers (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

18- Oatmeal (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Orange Juice, Fresh Banana

25- WINTER HOLIDAY!

### Friday

5- Waffles w/ syrup (v)  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Fresh Orange

12- Breakfast on a Stick w/ syrup  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Pineapple Tidbits

19- Turkey Sausage &  
Cheese Biscuit  
Assorted Low Sugar Cereal WG  
WG Toast and Margarine/Jelly  
Apple Juice, Sliced Peaches

26- WINTER HOLIDAY!

**Milk**

Reduced Fat Milk Variety  
Offered Daily



SLPS Food and Nutrition Services Director: Althea Albert-Santiago 314-345-4519, Director of Dining Services: Mike

SFE Associate Director of Nutrition Operations: Megan Fraley

### Elementary Menu Meal Prices

Second Lunch Meal...\$1.10	Second Breakfast Meal ...\$1.10	
Staff/Adult Lunch.....\$2.50	Staff/Adult Breakfast... \$2.25	Milk ..... \$0.40

SLPS is a pork-free district  
All recipes made with whole grains  
Vegetarian items (v) Menu subject to change

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.asor.usda.gov/complaint\\_filing\\_cust.html](http://www.asor.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.





# SLPS

## ELEMENTARY LUNCH

Fresh Fruit and Vegetable Bar Served Daily!



December 2014

### Monday

1- Grilled Turkey-Ham & Cheese Sandwich  
Chef Salad w/ Roll  
Turkey Hot Dog  
Green Beans  
Fresh Fruit & Salad Bar

8- Turkey Taco Salad  
Turkey & Cheese Sub  
Chicken Parmesan w/ Breadstick  
Cooked Crinkle Cut Carrots  
Fresh Fruit & Salad Bar

15- Turkey Melt Sandwich  
Orange Chicken w/ Rice  
Chef Salad w/ Crackers  
Fresh Steamed Broccoli  
Fresh Fruit & Salad Bar

22- WINTER HOLIDAY!

29- WINTER HOLIDAY!

### Tuesday

2- Turkey-Ham & Cheese Salad  
Turkey & Cheese wrap  
Cheese Pizza (V)  
Seasoned Crinkle Cut Sweet Potato Fries  
Fresh Fruit & Salad Bar

9- Southwest Chicken Salad w/ Crackers  
Turkey-Pepperoni Pizza  
Turkey-Ham, Turkey, & Cheese Wrap  
Green Pea  
Fresh Fruit & Salad Bar

16- Cheese Pizza (V)  
Grilled Chicken Wrap Small  
Turkey-Ham & Cheese Salad  
Green Peas  
Fresh Fruit & Salad Bar

23- WINTER HOLIDAY!

30- WINTER HOLIDAY!

### Wednesday

3- Chicken Caesar Salad w/ Crackers  
Spaghetti w/ Meatballs & Breadstick  
Grilled Cheese Sandwich (V)  
Fresh Steamed Broccoli  
Fresh Fruit & Salad Bar

10- Fish Nuggets (V)  
Garlic Chile Chicken Stir Fry w/ Rice  
Chicken Caesar Salad w/ Crackers  
Fresh Steamed Broccoli  
Fresh Fruit & Salad Bar

17- Meatball Sub  
Chicken Caesar Salad w/ Crackers  
Chicken Tenders w/ Roll  
Green Beans  
Fresh Fruit & Salad Bar

24- WINTER HOLIDAY!

31- WINTER HOLIDAY!

### Thursday

4- Cheeseburger  
Chicken Quesadilla  
Grilled Chicken Garden Salad w/ Crackers  
Corn Kernels  
Fresh Fruit & Salad Bar

11- Crispy Chicken Salad w/ Crackers  
Meatloaf w/ Roll  
Turkey & Cheese Sub  
Mashed Potatoes  
Fresh Fruit & Salad Bar

18- Hamburger  
Southwest Veggie Wrap (V)  
Chicken Garden Salad w/ Crackers  
Cooked Crinkle Cut Carrots  
Fresh Fruit & Salad Bar

25- WINTER HOLIDAY!

### Friday

5- Italian Chicken Salad w/ Crackers  
Chicken Burrito  
Hamburger  
5 Way Mixed Vegetables  
Fresh Fruit & Salad Bar

12- Grilled Chicken Garden Salad w/ Crackers  
Spaghetti w/ Meatsauce & Breadstick  
Turkey Hot Dog  
Mexicorn  
Fresh Fruit & Salad Bar

19- Italian Chicken Salad w/ Crackers  
Chicken Teriyaki w/ Rice  
Beef Ravioli w/ Roll  
Fresh Steamed Broccoli  
Fresh Fruit & Salad Bar

26- WINTER HOLIDAY!

Milk

Reduced Fat Milk Variety Offered Daily



Food and Nutrition Services Director: Althea Albert-Santiago 314-345-4519, Director of Dining Services: Mike Butler, 314-381-4155

SFE Associate Director of Nutrition: Megan Fraley 314-381-4155

SLPS is a pork-free district  
All recipes made with whole grains  
Vegetarian items (V)

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.asor.usda.gov/complaint\\_filing\\_cust.html](http://www.asor.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.