



December 2011



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

Middle School Menu Meal Prices Paid Lunch \$1.75 Reduced Price Lunch \$0.40 Adult Lunch \$2.50 Paid Breakfast \$1.00 Reduced Price Breakfast \$0.30 Milk \$0.35				Roving Chef: Laufer Dec. 13th 		Thursday 1 Traditional Cuisine: Orange Chicken Steamed Rice Ballpark Classics: Turkey Melt Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal		Friday 2 Traditional Cuisine: Chilitos Golden Corn Ballpark Classics: Hot Dog Luigi's Eatery: Pepperoni & Sausage Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 5 Traditional Cuisine: Chicken Cordon Bleu Sandwich Baked Fries Ballpark Classics: Grilled Ham & Cheese Luigi's Eatery: Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Sausage & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal		Tuesday 6 Traditional Cuisine: Porkaroni Garden Peas Ballpark Classics: Spicy Chicken Sandwich Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal		Wednesday 7 Traditional Cuisine: Pork Quesadilla Refried Beans Ballpark Classics: Bacon Cheeseburger Luigi's Eatery: Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal		Thursday 8 Traditional Cuisine: Baked Ham w/ Roll, Green Beans, Sweet Potatoes & Holiday Spice Cake Ballpark Classics: Turkey Melt Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal		Friday 9 Traditional Cuisine: Green Chile Nachos Golden Corn Ballpark Classics: Hot Dog Luigi's Eatery: Pepperoni & Sausage Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Oatmeal Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 12 Traditional Cuisine: Chicken Nuggets Mashed Potatoes and Gravy Ballpark Classics: Grilled Ham & Cheese Luigi's Eatery: Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cream of Wheat Fresh Fruit Selection Assorted Low Sugar Cereal		Tuesday 13 Traditional Cuisine: Macaroni and Cheese Garden Peas Ballpark Classics: Spicy Chicken Sandwich Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal		Wednesday 14 Traditional Cuisine: Max Mozzarella Stix Cooked Carrots Ballpark Classics: Bacon Cheeseburger Luigi's Eatery: Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal		Thursday 15 Traditional Cuisine: Orange Chicken Steamed Rice Ballpark Classics: Turkey Melt Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal		Friday 16 Traditional Cuisine: Pork Burrito Refried Beans Ballpark Classics: Hot Dog Luigi's Eatery: Pepperoni & Sausage Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	
Monday 19 Traditional Cuisine: Corn Dog Baked Fries Ballpark Classics: Grilled Ham & Cheese Luigi's Eatery: Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Sausage & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal		Tuesday 20 Traditional Cuisine: Rotini w/Pork Sauce Cooked Carrots Ballpark Classics: Spicy Chicken Sandwich Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal		Wednesday 21 Traditional Cuisine: Chicken Fried Steak Mashed Potatoes and Gravy Ballpark Classics: Bacon Cheeseburger Luigi's Eatery: Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal		Thursday 22 Traditional Cuisine: Chicken Parmesan Sandwich Tator Tots Ballpark Classics: Turkey Melt Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal			
Monday 26 		Tuesday 27		Wednesday 28		Thursday 29		Friday 30	
<p>Let's make a healthy change...</p> <p>One of the most important steps to changing behaviors is setting goals. They clarify what our aim is and make us examine our ideas to see if they're realistic. Writing out our goals is best. When creating a goal statement make sure it is clear and attainable. For every goal write out the following:</p> <p>How long will you try to reach this goal? Give it a time limit. Indeterminate goals make it difficult, if not impossible, to be successful. A good amount of time is a month. It generally takes that time to change a habit.</p> <p>How often will you do this? Pick a realistic number of times you will do this activity per day, per week, or per month.</p> <p>Is this goal easy to do in your regular life? This makes sure the goal is realistic. If the new behavior is too difficult to fit in your regular life it will be hard to maintain. You may need to set a different goal or plan other changes to your daily routine to make your goal fit. Those could be goals within themselves and a great place to start.</p> <p>Is the goal specific? Unorganized and vague goals set us up for failure. Be very clear about what you want to do. A small well-planned goal will be more successful than a huge unspecific one.</p> <p>For an example, look at this goal statement for planning ideas: For the next month (how long) 4 times a week (how often) I will take a 15 minute walk after school (specific and attainable).</p> <p>Good luck with your goals and have a healthy New Year!</p>									
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