

Menus for December 2021

Roslyn Public Schools

This institution is an equal opportunity provider.
Menus are subject to change.

HOLIDAY ESSENTIALS.



We're all having to make adjustments this holiday season. But amidst all the change, let's not forget to thank the essential workers who face even more upheaval to help keep us all safe!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Rest assured.

In case you missed the news, there's one less thing to worry about for the rest of this school year. Our complete meals will be no charge for all students through June 30, 2022. We hope this helps our kids and families!

School Meals
We serve education every day™



Wednesday, Dec 1

Lunch
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High School
Plain Pasta or Pasta with
Meatballs
Elementary
Plain Pasta or Pasta with

Thursday, Dec 2

Lunch
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High School
Elementary
Managers
Choice

Friday, December 3

Lunch
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Elementary
Pizza

Monday, December 6

Lunch
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High School
Grilled Cheese
Elementary
Grilled Cheese

Tuesday, December 7

Lunch
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Elementary
Pizza

Wednesday, Dec 8

Lunch
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High School
Plain Pasta or Pasta with
Meatballs
Elementary
Plain Pasta or Pasta with

Thursday, Dec 9

Lunch
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
High School
Elementary
Managers
Choice

Friday, December 10

Lunch
Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Elementary
Pizza

RUDOLPH BEWARE

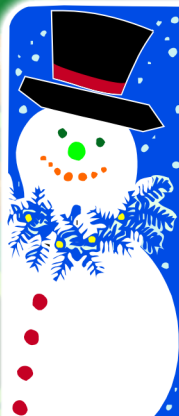


The gigantic Greenland Shark thrives in the frigid waters of the northern oceans, where it grows to as much as 24 feet long and may live for 200 years. Greenland Sharks mainly snack on fish and seals, but they'll also scavenge anything that's fallen through the ice, from polar bears to horses -- they'll even go for a reindeer that strays too close to the water's edge!

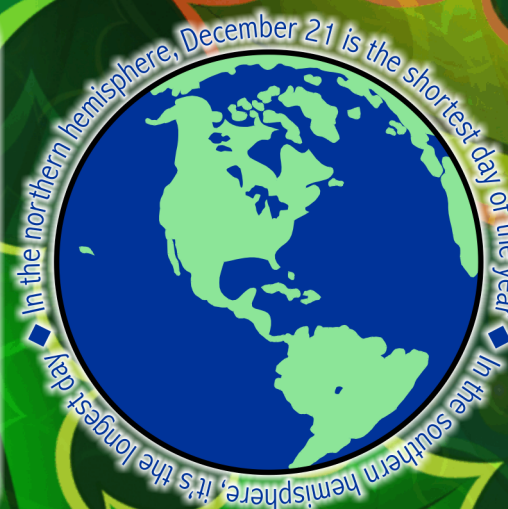
ANIMAL APPETITES



What's on
YOUR
plate?



This holiday season, here's hoping we can all help keep each other safe and happy!



Happy Holidays!



Beware of Mistletoe!

Holiday Bullseye!

Turkey is the star attraction on many of our Holiday tables -- and this tasty bird is a nutrition star, too!

Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, Dec 13

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School
Grilled Cheese
Elementary
Grilled Cheese

Tuesday, Dec 14

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Elementary
Pizza

Wednesday, Dec 15

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School
Plain Pasta or Pasta with
Meatballs
Elementary
Plain Pasta or Pasta with
Meatballs

Thursday, Dec 16

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School
Elementary
Managers
Choice

Friday, December 17

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Elementary
Pizza

Monday, Dec 20

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School
Grilled Cheese
Elementary
Grilled Cheese

Tuesday, Dec 21

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

Elementary
Pizza

Wednesday, Dec 22

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk

High School
Plain Pasta or Pasta with
Meatballs
Elementary
Plain Pasta or Pasta with
Meatballs

'Tis the Season!

