

# MENUS FOR DECEMBER 2023 2023



Roslyn  
Public  
Schools

This institution is an equal opportunity provider.

## Available Daily

Handmade Pizza,

Salad Bar,

Boars Head Meats on  
Panni's, Wraps, Rolls, Flat Bread  
Whole Wheat Bread

Yogurt Parfaits

Variety of Low Fat Milk  
Juice

## Featured Specials of the Day

**Friday, December 1**

Tangerine Chicken w/Rice and  
Vegetable

**Monday, December 4**

Grilled Cheese w/ Tomato Soup

**Tuesday, December 5**

Chicken Tenders w Rice and  
Vegetables

**Wednesday, December 6**

Plain Pasta or Pasta with Protein  
and Vegetable

**Thursday, December 7**

Hamburger/ Cheeseburger  
French Fries

**Friday, December 8**

Tangerine Chicken w/Rice and  
Vegetable

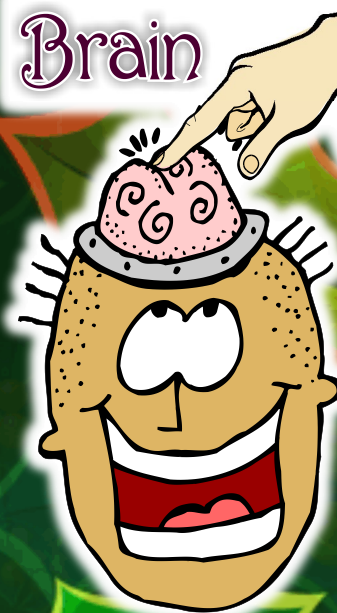
# DON'T 4 GET!

Take at least ONE

# FRUIT or VEGGIE

and at least THREE  
items total so your meal  
counts as a complete lunch!

## Brain Ticklers



What do you call  
a snowman in  
the summer  
time?

(Hold the page upside  
down and read it in a  
mirror for the answer!)

U brrqqls

**57 BY THE NUMBERS**  
AVERAGE SPEED IN M.P.H. OF THE  
FIRST NONSTOP SOLO AROUND-  
THE-WORLD BALLOON FLIGHT

## ★ OUR NATION'S HISTORY ★

**C**ranberries are considered a very American food. Native  
Americans made cranberry sauce by sweetening the tart  
berries with maple syrup. When it was discovered that  
cranberries grew very well in "bogs" of shallow water,  
cultivation of the fruit spread from New England to Wisconsin  
to the Pacific Northwest -- and even to Europe! When an

American ship loaded with cranberries  
sank along the Dutch coast, crates  
of the berries washed  
ashore and broke up.  
Some of the berries took  
root, and cranberries  
have been  
cultivated  
on certain Dutch  
islands ever since!



★ WITH LIBERTY & JUSTICE FOR ALL ★



# Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North American name for the reindeer, "caribou," comes from a Native American word, "qalipu." That word translates roughly as "snow shoveler," which is a description of the way the reindeer will paw at the snow-covered ground to find food!



**Please See the Other Page  
for Items Available Daily**

**DON'T LET THIS HAPPEN TO YOU!!!**



WHEN THE OLD GUY GOT  
STUCK IN **YET**  
**ANOTHER** CHIMNEY,  
EVEN HE HAD TO ADMIT  
THAT, JUST MAYBE, HIS  
UNHEALTHY EATING HABITS  
WERE **AFFECTING**  
**HIS JOB**  
**PERFORMANCE!**

## HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning.

Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



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

### Featured Specials of the Day

**Monday, December 11**

French Toast & Egg Omelet

**Tuesday, December 12**

Chicken Tenders w/ Rice  
And Vegetable

**Wednesday, December 13**

Plain Pasta or Pasta w/ Protein  
& Vegetable

**Thursday, December 14**

Chicken Patty w/Vegetable

**Friday, December 15**

Tangerine Chicken w/Rice and  
Vegetable

Wishing you and your family a  
bright and happy Holiday  
Roslyn Food Service Staff

### Featured Specials of the Day

**Monday, December 18**

Grilled Cheese w/ Tomato Soup

**Tuesday, December 19**

Chicken Tenders w/Rice and  
Vegetable

**Wednesday, December 20**

Plain Pasta or Pasta w/ Protein  
& Vegetable

**Thursday, December 21**

Popcorn Chicken W/ Rice  
& Vegetable

**Friday, December 22**

Tangerine Chicken w/Rice and  
Vegetable

**See You  
Next Year!**

Last day of school:  
Friday, December 22

Classes Resume  
Tuesday, January 2

