



SUPER SNACK MENU

HAVE HAPPIER HOLIDAYS

Four Simple Steps

1. Eat Healthy, Exercise and Get Plenty of Sleep.

Make a commitment to staying healthy through the holiday season. Balance the desire to indulge in tempting treats by first filling up on fresh produce and whole grains.

2. Manage Your Expectations.


Sometimes we create our own stress by setting expectations that everything has to be "perfect."

3. Take control of your time.

Stay focused on doing things that you enjoy and find meaningful.

4. Celebrate and Give.

Slow down and enjoy time with family and friends. Find a few minutes this month to make a difference for someone less fortunate.

Mon	Tues	Wed	Thurs	Fri
3 Yogurt/Cheese Stick Pretzels Vegetable Fruit Milk	4 Deli Ham Wheat Bread Vegetable Fruit Milk 	5 Peanut Butter Crackers Vegetable Fruit Milk	6 Bagel Peanut Butter Cheese Stick Vegetable Fruit Milk	7 Deli Turkey & Cheese Wheat Crackers Vegetable Fruit Milk
10 Un crustable Cheese Stick Vegetable Fruit Milk	11 Two Cheese Sticks Muffin Vegetable Fruit Milk	12 Yogurt/Granola Peanut Butter Crackers Vegetable Fruit Milk	13 Cottage Cheese Tortilla Chips Salsa Cup Fruit Milk	14 Deli Turkey Bun Vegetable Fruit Milk
17 Un crustable Cheese Stick Vegetable Fruit Milk	18 Two Cheese Sticks Muffin Vegetable Fruit Milk	19 Yogurt/Granola Peanut Butter Crackers Vegetable Fruit Milk	20 Bagel Peanut Butter Cheese Stick Vegetable Fruit Milk	21 Deli Turkey Bun Vegetable Fruit Milk 3 Hr Early Release

Available Daily for Lunch

- Garden Bar
- PB & J Sandwich w/Cheese Stick
- Chef Salad w/Crackers
- Deli Ham Sandwich

Menus Subject to Change
This institution is an equal opportunity provider.



Milk Served Daily

- Skim Milk
- 1% Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk

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*Merry Christmas
from the Jefferson City Public Schools
School Nutrition Services
Have a safe and Happy New Year!!!*