



DECEMBER | 2018

LAKE ERIE INTERNATIONAL HS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Choice of Cereal Cheese Stick Fruit Cup Fruit Juice Milk	4 Mini Cinnis Fruit Cup Fruit Juice Milk	5 Mini Cream Cheese Bagels Fruit Cup Fruit Juice Milk	6 Strawberry Oatmeal Bar Cheese Stick Fruit Cup Fruit Juice Milk	7 Mini Powdered Sugar Donuts Applesauce Orange Juice Milk
10 Butterscotch Oatmeal Bars Cheese Stick Fruit Cup Fruit Juice Milk	11 Bagel w/Peanut Butter Cherry Craisins Fruit Juice Milk	12 Banana Bread w/Butter Applesauce Fruit Juice Milk	13 Pop-Tarts Fruit Cup Fruit Juice Milk	14 Mini Chocolate Covered Donuts Applesauce Orange Juice Milk
17 Choice of Cereal Chocolate Grahams Applesauce Fruit Juice Milk	18 Banana Bread w/Butter Applesauce Fruit Juice Milk	19 Bagel w/Cream Cheese Fruit Cup Fruit Juice Milk	20 Blueberry Bread w/Butter Fruit Cup Fruit Juice Milk	21 Winter Break!!! No School!!
24 Winter Break!!! No School!!	25 Merry Christmas!!! No School!!	26 Winter Break!!! No School!!	27 Winter Break!!! No School!!	28 Winter Break!!! No School!!
31 New Year's Eve!!! No School!!				

News

To help you get through the Holidays, here are some helpful tips to help you maintain a healthy diet.

1. Balance your calories. To find your calorie level, go to www.choosemyplate.gov
2. Enjoy your food, but eat less.
3. Avoid oversized portions.
4. Make half your plate veggies, fruits, whole grains & fat-free milk.
5. Switch to fat-free or 1% milk.
6. Make half your grains whole grains.
7. Choose foods with low, reduced or no sodium (salt).
8. Drink water instead of sugary drinks like pop, energy or sports drinks.

"A person should set his goals as early as he can and devote all his energy and talent to getting there. With enough effort, he may achieve it. Or he may find something that is even more rewarding. But in the end, no matter what the outcome, he will know he has been alive."

Walt Disney

Cartoonist, film producer & business magnate