<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
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<td>3</td>
<td>4</td>
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<tr>
<td>Pizza</td>
<td>Assorted Yogurt Cinnamon Round Sunflower Seeds Vegetable of the Day</td>
<td>Turkey Cubes Cheese Cubes Goldfish Crackers Steamed Corn</td>
<td>Turkey Wrap Vegetable of the Day</td>
<td>Chicken Nuggets Goldfish Pretzels Vegetable of the Day</td>
</tr>
<tr>
<td>8</td>
<td>Assorted Yogurt Cinnamon Round Sunflower Seeds Vegetable of the Day</td>
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</tr>
<tr>
<td>14</td>
<td>Pizza Cinnamon Round Vegetable of the Day</td>
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<td>Turkey Wrap Vegetable of the Day</td>
<td>Chicken Nuggets Goldfish Pretzels Vegetable of the Day</td>
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<td>21</td>
<td>Winter Break Meal Bundle</td>
<td>Winter Break Meal Bundle</td>
<td>Winter Break Meal Bundle</td>
<td>Winter Break Meal Bundle</td>
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**OFFERED DAILY**

- Assorted Fresh Fruit
- FF Milk & 1% Milk
- Whole Grains
- Colorful Vegetables

**SATURDAY MENU**

- Pepperoni, Cheese Stick and Pretzel Bento Box Vegetable of the Day

**SUNDAY MENU**

- Pancake Sandwich Cheese Stick Vegetable of the Day

**NOTICE:**

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability.

**NOTE:**

This institution is an equal opportunity provider
In accordance with Federal Civil Rights law and U.S. Department of Agriculture (USDA) Civil Rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior credible activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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This institution is an equal opportunity provider, employer, and lender.

**HARVEST OF THE MONTH**

**SPINACH**

Harvest of the Month was created by IDEA CNP to highlight seasonal harvest grown by our own IDEA Farms. Each month, you can look forward to online resources including:

- Family-friendly recipes
- Printable activities, and
- Nutrition tidbits about our monthly harvest

Be sure to keep an eye on the menu: each month will feature a chef-created recipe using the harvest of the month. This month features Cranberry Quinoa Florentine.

Harvest of the month resources can be accessed by clicking HERE or visiting IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

**VISIT OUR WEBSITE**

The IDEA CNP website can be accessed at:

IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

**JOKE OF THE MONTH**

**Why are fish so smart?**

Answer at the bottom!

“A because they live in schools.”

**DID YOU KNOW?**

December 1st - 7th is National Handwashing Awareness Week

Families can help prevent illness & stay healthy by doing 1 very important activity: handwashing!

Washing your hands for at least 20 seconds with soap and warm water is the #1 way to stay healthy this winter. Remember to wash your hands before & after meals, after using the bathroom, or if you can see dirt on them.

Need help to get to 20 seconds?

Try singing the Happy Birthday song twice 😊😊

Research shows that kids are easily influenced by food they see on tv. Some advertised foods are high in fat, added sugars and/or salt and don’t have enough vitamins, minerals and fiber.

Avoid TV temptations with these 5 tips:

1. Avoid watching TV while eating. Eat together without distractions.
2. Consider watching shows for children on platforms that do not have commercials.
3. Set limits around the time kids spend watching TV and using electronic devices.
4. Let kids help in the kitchen. Assign simple tasks such as tearing lettuce leaves for a salad.
5. Be a good role model. Children will imitate parents’ habits.

**NUTRITION CORNER**

Did you know that Television can influence what you eat?

Research shows that kids are easily influenced by food they see on tv. Some advertised foods are high in fat, added sugars and/or salt and don’t have enough vitamins, minerals and fiber.