

December
2011



Food News



Havasu Knights look for a whole new look after Winter Break.



From the Lake Havasu U.S.D. and ARAMARK Staff.

~ December Special Events ~

- 11/28 ~ Dec 2 ~ Senior Portraits (PAC) at LHHS
- 12/8 ~ Early Release Day
- 12/12 ~ National Honor Society Reception
- 12/15 ~ High School ~ Banana Split Bar
- 12/22 ~ Early Release Day
- 12/23/11 ~ 1/8/12 Winter Break

Christmas Word Search

provided by

<http://www.nourishinteractive.com/>

APPLES BAKING CARROTS
COOKING CRANBERRIES
HOLIDAY MILK PUMPKINS
HEALTHY SALAD SQUASH
TURKEY VITAMIN A YAMS ZUCCHINI



Z	C	R	A	N	B	E	R	R	I	E	S	S	D	F
G	M	A	F	Z	S	P	T	O	G	C	N	A	H	U
W	I	E	C	U	T	G	W	K	I	N	Z	S	T	A
L	L	J	S	C	O	O	K	I	N	G	I	U	I	X
M	K	G	Q	C	R	R	E	F	T	O	R	K	Z	K
L	Y	P	U	H	R	X	D	X	S	K	K	J	A	N
W	P	T	A	I	A	H	U	U	E	Q	C	Q	A	B
W	E	P	S	N	C	Q	G	Y	V	Y	K	A	X	A
W	W	U	H	I	F	N	U	Y	F	H	S	E	N	Y
X	A	M	H	O	L	I	D	A	Y	T	G	I	K	B
X	P	P	S	T	S	A	Y	O	K	L	M	N	P	R
C	P	K	G	A	L	Q	G	V	Y	A	M	S	E	K
G	L	I	C	A	P	X	E	H	T	E	S	W	H	D
R	E	N	S	Z	K	G	L	I	M	H	K	E	S	I
P	S	S	F	J	Y	B	V	L	R	D	F	K	X	C



Fuel up every morning with your.....

School Breakfast

Start with one of the following:

- Daily Special Entrée
- Assorted Muffins
- Assorted Cereals
- Bagel & Cream Cheese



Then add 2 or 3 of the following:

- ❖ Fresh Fruit
- ❖ Cracker
- ❖ Yogurt
- ❖ Carton of Milk

Breakfast Meal Prices

\$1.10 – Full Price
\$0.30 – Reduced-Price

Don't forget if you receive Free or Reduced-Price Lunch, your child(ren) can also receive Free or Reduced-Price Breakfast.

Re-Fuel every day at any of the Specialty Areas

Start with one of the following:

- Daily Special Entrée
- Variety of Sandwiches
- Burritos
- Deli Sandwich or Salads
- Nuggets or Pizza
- Grab N Go



Then add 2, 3 or 4 of the following:

- ❖ Salad or Raisins
- ❖ Fresh Fruit
- ❖ Canned Fruit
- ❖ Juice
- ❖ Crackers
- ❖ French Fries
- ❖ Yogurt & Granola
- ❖ Celery & Peanut Butter
- ❖ Variety of Milk

Lunch Prices

\$2.20 – Full Pay
\$0.40 - Reduced

~ Nutrition and Fun Facts Websites ~

<http://www.letsmove.gov>

<http://www.eatright.org/kids/>

<http://www.healthologyaz.com/>

<http://www.choosemyplate.gov/>

<http://www.nourishinteractive.com/>

<http://www.acefanclub.com/>

<http://www.aramarkschools.com/>

<http://www.superkidsnutrition.com/>

December Recipe provided by <http://www.myrecipes.com>

Chocolate-Cherry Heart Smart Cookies

by Marcie Dixon, Arlington Heights, Illinois, [Cooking Light](http://www.cookinglight.com) JANUARY 2010

Ingredients

- ~ 1/3 cup all-purpose flour
- ~ 1-1/2 cups old-fashioned rolled oats
- ~ 6 tablespoons unsalted butter
- ~ 3/4 cup packed light brown sugar
- ~ 1 teaspoon vanilla extract
- ~ 3 ounces bittersweet chocolate, coarsely chopped
- ~ 1/3 cup whole-wheat flour
- ~ 1 teaspoon baking soda
- ~ 1/2 teaspoon salt
- ~ 1 cup dried cherries
- ~ 1 large egg, lightly beaten

Preparation

1. Preheat oven to 350°.
2. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and next 3 ingredients (through salt) in a large bowl; stir with a whisk.
3. Melt butter in a small saucepan over low heat.
4. Remove from heat; add brown sugar, stirring until smooth.
5. Add sugar mixture to flour mixture; beat with a mixer at medium speed until well blended.
6. Add cherries, vanilla, and egg; beat until combined.
7. Fold in chocolate.
8. Drop dough by tablespoonfuls 2 inches apart on greased baking sheets
9. Bake at 350° for 12 minutes.
10. Cool on pans 3 minutes or until almost firm.
11. Remove cookies from pans; cool on wire racks.