

DECEMBER



WELLS VILLAGE SCHOOL 2009 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
Cold Cereal / Toast Juice / Milk	Pancakes / Syrup Juice / Milk	Cold Cereal / Toast Juice / Milk	One Egg/ Toast Juice / Milk	Cold Cereal / Toast Juice / Milk
30 Chicken or Eggplant Parmesan Tator Tots / Peas Or Tuna Sandwich Peaches / Milk Snack: Banana / Carrot / Dip National Mousse Day	1 Pig-in-Blanket Carrots / Mashed Potatoes Or Tuna Sandwich Mixed Fruit / Milk Snack: Grapes / Cucumber/ Dip National Eat A Red Apple Day	2 Grilled Cheese Sandwich Tomato Soup / Crackers Or Tuna Sandwich Pineapple / Milk Snack: Melon / Celery/ Dip National Fritters Day	3 Taco Salad Corn Or Tuna Sandwich Pears / Milk Snack: Orange / Broccoli / Dip National Ice Cream Box Day	4 Italian Dunker Salad Bar Or Tuna Sandwich Applesauce / Milk Snack: Apple / Carrots / Dip National Cookie Day
7 Macaroni & Cheese Green Beans/ Blueberry Muffin Or Turkey Sandwich Pear / Milk Snack: Banana / Carrots / Dip Cotton Candy Day	8 Chicken Nuggets Fries / Carrots Or Turkey Sandwich Applesauce / Milk Snack: Pineapple / Cucumber/ Dip Brownie Day	9 Turkey Wrap w/ Lettuce, Tomato & Cheese Chicken Noodle Soup Or PBJ Sandwich Mandarin Oranges / Milk Snack: Grapes / Broccoli / Dip National Pastry Day	10 Cheeseburger / Bun Mashed Potatoes / Corn Or Turkey Sandwich Mixed Fruit / Milk Snack: Melon / Celery / Dip Human Rights Day	11 Cheese Calzones Salad Bar Or Turkey Sandwich Fruited Jello / Milk Snack: Apple / Carrots / Dip National Noodle Ring Day
14 Spaghetti & Meatballs Green Beans / Bread Or Egg Salad Sandwich Pineapple / Milk Snack: Banana / Carrots / Dip National Bouillabaisse Day	15 Ham Dinner Mashed Potatoes / Gravy Corn / Roll Or Egg Salad Sandwich Brownies / Milk Snack: Pineapple / Cucumber/ Dip National Lemon Cupcake Day	16 Egg Salad Sandwich Tomato Soup Or PBJ Sandwich Pears / Milk Snack: Melon /Broccoli / Dip Chocolate Covered Anything	17 Shepard's Pie Blueberry Muffin Or Egg Salad Sandwich Peaches / Milk Snack: Apple / Celery / Dip National Maple Syrup Day	18 Veggie or Cheese Pizza Salad Bar Or Egg Salad Sandwich Applesauce / Milk Snack: Pineapple / Carrots / Dip Bake Cookies Day
21 Goulash / Bread Corn Or Tuna Sandwich Mixed Fruit/ Milk Snack: Banana / Carrots / Dip Don't Be A Scrooge Day	22 Chicken Parmesan Buttered Noodles / Peas Or PBJ Sandwich Pineapple / Milk Snack: Apple / Cucumber / Dip National Date Nut Bread Day	 NO SCHOOL National Pfeffernuesse Day	 NO SCHOOL National Egg Nog Day	 NO SCHOOL Traditional Christmas Foods Day

28

NO SCHOOL



National Chocolate Candy Day

29

NO SCHOOL



Pepper Pot Day

30

NO SCHOOL



Nat'l Bicarbonate of Soda Day

31

NO SCHOOL



Make Up Your Mind Day

1

NO SCHOOL



New Year's Day



DECEMBER TIDBITS



CHRISTMAS TREE SAFETY

Picking the tree:

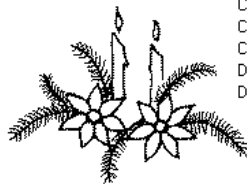
- If you have an artificial tree, be sure it is labeled, certified, or identified by the manufacturer as fire-retardant.
- Choose a tree with fresh, green needles that do not fall off when touched.

Placing the tree:

- Before placing the tree in the stand, cut 1-2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.

Lighting the tree:

- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



Christmas Word Search



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

BALL	DEER	SANTA
BELL	DONNER	SLED
BLITZEN	ELF	SNOWMAN
CANDY	FROSTY	STAR
CHIMNEY	GIFT	TOY
COMET	PRANCER	TREE
CUPID	PRESENT	VIXEN
DANCER	RUDOLPH	WREATH
DASHER	SACK	

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Buckeyes



This easy candy recipe for Buckeyes makes wonderful balls of peanut butter covered in chocolate.

Prep Time: 1 hour

Ingredients:

- 1-1/2 cup peanut butter
- 2-1/2 cup powdered sugar
- 1/2 cup margarine or butter
- 1 teaspoon vanilla
- Smucker's Chocolate Fudge Magic Shell

Preparation:

Mix peanut butter, sugar, margarine and vanilla until semi-dry and crumbly. Shape into bite sized balls. Place balls on wax-papered covered cookie sheet. Freeze 1 hour. Dip into Smucker's Magic Shell, leaving top uncovered to resemble a buckeye. Freeze until serving. Makes 5 dozen.



Sleep

You may be busier than ever, but getting enough sleep is essential for keeping your stress hormones in check and your weight from creeping up. In fact, lack of sleep can affect hormones so much that your body may actually store extra fat when things get stressful. Do everything you can to create a

"The gardening season officially begins on January 1st, and ends on December 31."



