

# Menus December 2025

Headstart School Snack Menu

This institution is an equal opportunity provider.

## NUTRITION TO GO

Throughout the year (and especially during the holidays) try to make sure your family meals start with high-fiber and low-calorie raw veggies, salad, or broth-based soup. You'll feel fuller and eat less of the heavier, less healthy stuff for dinner. All of these things take some time to eat, too, giving your stomach time to catch up to your eyes!

### A QUICK BITE FOR PARENTS

## Holiday Honors

At this Holiday season, we'd like to say thanks to the men and women of the Police Department, Fire Department, and Emergency Medical Services who protect and save our lives every day throughout the year.



Monday, Dec 1	Tuesday, Dec 2	Wednesday, Dec 3	Thursday, Dec 4	Friday, Dec 5
<b><u>Snack</u></b> <b>Apple Sauce</b> <b>Michigan Milk</b>	<b><u>Snack</u></b> <b>WG Crackers</b> <b>Peach Cup</b>	<b><u>Snack</u></b> <b>WG Animal Crackers</b> <b>Vanilla Yogurt</b>	<b><u>Snack</u></b> <b>WG Zee Zee Crackers</b> <b>Michigan Milk</b>	<b><u>Snack</u></b> <b>Peach Cup</b> <b>WG Goldfish Crackers</b>

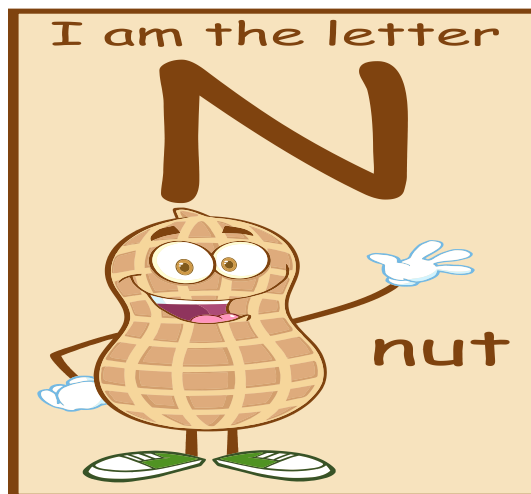
## HERB/SPICE

### Cinnamon

Herbs and spices are plants that are used to flavor food. The bark of the cinnamon tree, in powder or stick form, has been valued for both its seasoning and medicinal properties for thousands of years. Makes a great winter warmer drink with a little milk and honey, too!

## OF THE MONTH

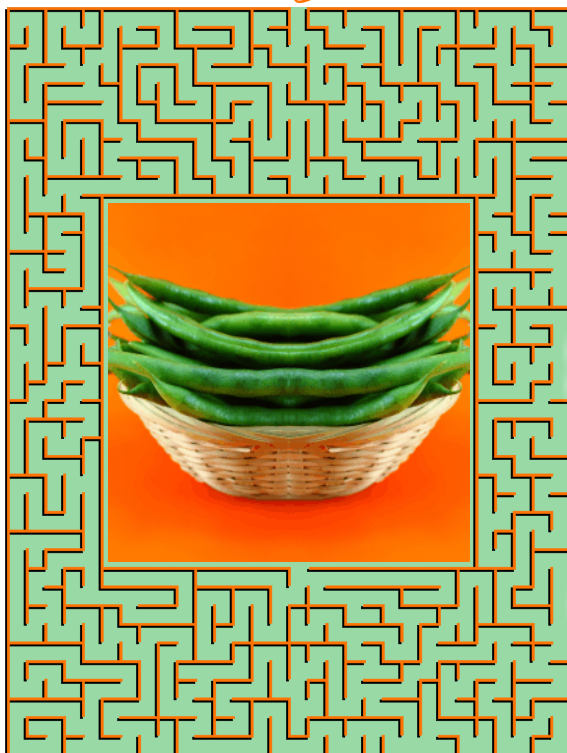
Monday, Dec 8	Tuesday, Dec 9	Wednesday, Dec 10	Thursday, Dec 11	Friday, Dec 12
<b><u>Snack</u></b> <b>WG Crackers</b> <b>Michigan Milk</b>	<b><u>Snack</u></b> <b>Vanilla Yogurt</b> <b>Pear Cup</b>	<b><u>Snack</u></b> <b>WG Crackers</b> <b>Apple Sauce</b>	<b><u>Snack</u></b> <b>Pineapple Cup</b> <b>Vanilla Yogurt</b>	<b><u>Snack</u></b> <b>Peach Cup</b> <b>WG Goldfish Crackers</b>



## Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

Start here!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, December 16

**Snack**  
**WG Goldfish**  
**Crackers**  
**Michigan Milk**

Tuesday, December 17

**Snack**  
**WG Cracker**  
**Vanilla Yogurt**

Wednesday, December 18

**Snack**  
**Pear Cup**  
**Michigan Milk**

Thursday, December 19

**Snack**  
**WG Blueberry**  
**Lemon**  
**Crackers**  
**Michigan Milk**

Friday, December 20

**Snack**  
**Peach Cup**  
**WG Gold Fish**  
**Crackers**

Happy Holidays!



Beware of Mistletoe!

**Word of the Month**  
be·nev·o·lent

*adj.* 1. charitable; kind  
2. showing love to others and  
a desire to promote their  
happiness and well-being

