

December

School of Hope

Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Milk Hamburger w/Bun Fries Green Peas Apple Sauce	Lunch Prices Students under age 13— \$2.35 Students 13 and older— \$2.60 Extra Milk - \$.35
4 Milk Eggs & Sausage Sandwich Hash Browns Orange Juice	5 Milk Chicken Parmesan Sandwich Celery & Carrot Sticks Pears	6 Milk Spaghetti w/Meatballs Bread Sticks Romaine Lettuce Diced Peaches	7 Milk P B J sandwich Banana	8 Milk French Toast W/Syrup Sausage Hash browns Orange Juice	
11 Milk Meatball Sub Steamed Carrots Fresh Banana	12 Milk PB & J Sandwich Chicken Noodle Diced Pears	13 NO LUNCHES Field Trip	14 Milk BBQ Pulled Pork Sandwich Baked Beans Spiced Apples	15 Milk Tacos w Refried Beans Corn Fruit Cocktail	
18 Milk Grilled Cheese Tomato Soup Fresh Banana	19 Milk Hot Dog w Bun Baked Beans Diced Peaches	20 Milk Chicken Nuggets w/ Dipping Sauce Steamed Broccoli Pears	21 Milk Pasta w/Meat Sauce Romaine Salad Apple Sauce	22 No School	NO SCHOOL Friday, December 22 Through Tuesday, January 2 School resumes on Wednesday, January 3
25 No School	26 No School	27 No School	28 No School	29 No School	



IT'S THAT TIME OF THE YEAR: COLD & FLU SEASON

12 TIPS TO PREVENT COLD AND FLU THE "NATURAL" WAY

- #1 **WASH YOUR HANDS**
- #2 **DON'T COVER YOUR SNEEZES AND COUGHS WITH YOUR HANDS :** If you don't have a tissue, turn your head away from people near you and cough into the air.
- #3 **DON'T TOUCH YOUR FACE:** Most viruses enter your body through the eyes, nose, or mouth.
- #4 **DRINK PLENTY OF FLUIDS**
- #5 **TAKE A SAUNA:** Proven fact that people who "steam" twice a week get half as many colds as those who don't.
- #6 **GET FRESH AIR:** A regular dose of fresh air is important, especially in cold weather when the central heating dries you out and makes your body more vulnerable to cold and flu viruses.
- #7 **DO AEROBIC EXERCISES REGULARLY:** Aerobics speed up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. These exercises help increase the body's natural virus-killing cells.
- #8 **EAT FOODS CONTAINING PHYTOCHEMICALS:** "Phyto" means plants, and the natural chemicals in plants give the vitamins in foods a supercharged boost. So put away the vitamins and eat dark green, red, and yellow fruits and vegetables.
- #9 **EAT YOGURT:** Some studies have shown that eating a daily cup of low-fat yogurt can reduce your susceptibility to colds by 25%.
- #10 **DON'T SMOKE:** Statistics show that heavy smokers get more severe colds and more frequent ones.

NINE FOODS TO EAT IF YOU HAVE A COLD OR FLU

1. **POPSICLES:** The cold can help soothe a sore, dry, throat and help you stay hydrated.
2. **TURKEY SANDWICH:** You probably don't feel like eating, but turkey is a good lean protein that your body needs for energy to fight the illness.
3. **VEGETABLE JUICE:** Making and eating a salad probably isn't going to happen, but a low sodium vegetable juice will help you load up on the immune boosting antioxidants that you need.
4. **CHICKEN SOUP:** Nourishing and hydrating, there is scientific evident that it may help with healing and have mild anti-inflammatory effects.

HEALTHY HOLIDAY EATING: From late Nov. through New Year's Eve, the holiday season can seem like a five-or six weeks smorgasbord.

1. Don't try to diet during the holidays. Set a goal to maintain your present weight, which is more realistic.
2. "Pace, don't race". Pay attention to how quickly you eat and exactly what you eat and drink.
3. Remember that alcohol is packed with calories.
4. Offer to bring a favorite low-calorie dish to holiday parties.
5. Make the effort to exercise, even if you don't usually, to help with the extra calories.
6. Don't ever go to a party on an empty stomach.
7. Keep an eye on portion size.
8. Don't let a hectic holiday schedule force you to eat fast food.
9. When the party is at your house Put low-calorie and fat-free dressings out. Pack the table with colorful vegetables.
10. Make decisions about what you are going to eat. Weight management is about moderation and making healthy decisions, all year long.

HOLIDAY WEIGHT GAIN FACT: Contrary to popular belief, most people only gain about one to two pounds over the holidays.

The bad news? Most people don't ever lose that extra weight. It may stick with them for a lifetime.

5. **GARLIC:** Anything with some extra garlic (put it in your soup) because it appears to have immune stimulating properties.
6. **GINGER:** Stomachache, nausea? Drink Ginger Ale. Ginger is a home remedy used to treat these symptoms.
7. **TEA:** Green Oolong and Black Tea offer disease fighting antioxidants. And breathing in the steam can help relieve congestion.
8. **BANANA:** Sliced, smashed, or whole, bananas are easy on the stomach.
9. **TOAST:** If you can manage food at all, toast or crackers are satisfying when your stomach can't handle much.