

December 2024 Lunch Specials

SUNDAY	 TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Lemon Caper Chicken Steamed Rice Green Beans	2 Pumpkin Ravioli Spaghetti Squash w/ Mushroom Ragu Pumpkin Bread Roasted Cauliflower Egg Salad Sandwich	3 Turkey Taco Salad Vegan Taco Salad Spanish Rice Guacamole & Chips Chicken Caesar Wrap	4 Butter Chicken & Rice Vegan Curry & Rice Naan Flatbread Carrot-Cumin Slaw Hot Roast Beef	5 French Dip Quinoa Patty with Mango Salsa Potato Wedges Coleslaw Reuben	6 Chicken Parmesan Eggplant Parmesan Garlic Bread Garlic Parmesan Cauliflower Meatball Sub	7 Beef Stew Bread Bowl Sautéed Kale & Mushrooms
8 Polish Kielbasa Potato Pierogies Sautéed Peppers & Sauerkraut	9 Veggie Lasagna Vegan Pesto Pasta Bread Stick Spinach Salad Greek Tuna Wrap	10 Turkey Pot Pie Vegan Pot Pie Cheddar Biscuit Roasted Carrots Ham & Chz Panini	11 Chinese Beef with Broccoli Tofu with Broccoli Pot Stickers Egg Rolls Turkey Bacon Wrap	12 Crispy Chicken Sandwich Meatless Chik'n Sandwich Macaroni & Cheese Creamed Spinach Italian Sub	13 Gyro Chickpea Falafel Greek Orzo Baba Ganoush with Pita Turkey & Chz Panini	14 Enchilada Casserole Spanish Rice Sautéed Spinach
15 Meatloaf Mashed Potatoes Sautéed Zucchini	16 Salmon Caesar Salad Vegan Caesar Salad Warm Bread Butternut Squash Soup Portabella Panini	17 Sausage & Kale Alfredo Vegan Sausage & Kale Pesto Pasta Sweet Potato Arugula Salad Turkey Reuben	18 Burger Bar Vegan Burger Bar Pasta Salad Side Salad Pulled Pork	19 Cobb Salad Vegan Cobb Quinoa & Rice Pasta Salad Turkey Reuben	20 Carnitas Burrito Bowl Vegan Burrito Bowl Rice and Beans Chips & Guacamole Buffalo Chicken Sandwich	21 Greek Turkey Burger Orzo Salad Greek Salad
22 Chef's Choice! 	23 Arturo's Kale Salad Arturo's Vegan Kale Salad Corn Bread Tomato Basil Soup Crab Cake	24 Pork Tamales Vegan Zucchini Tamales Refried Beans Guacamole & Chips Philly Cheesesteak	25  Holiday Ham Potatoes Au Gratin Roasted Root Veggies Side Salad Sugar Cookies	26 Oven Fried Chicken Chickpea Patty with Mango Salsa Baked Beans Corn on the Cobb Turkey Avocado Wrap	27 Bento Beef Salad Tofu Bento Salad Soba Noodles Peas & Carrots Club Sandwich	28 Chef's Choice! 
29 Chef's Choice! 	30 Pozole Vegan Pozole Chips and Salsa Jicama Slaw Veggie Quesadilla	31 Brisket Portabella Steak Latkes Roasted Carrots BLT	<u>A La Carte</u> Entrée.....\$5.98 Vegan Entrée...\$4.25 Starch.....\$1.50 Vegetable.....\$1.50 Sandwich.....\$5.45	<u>Did you know?</u> <ul style="list-style-type: none"> Entrées in GREEN are Vegan or Vegetarian Everything is priced a la carte Breakfast is served 7:30-10am Lunch is served 11:30-2pm Dinner is served 5-7pm 		

Time to Unplug

Contributors: Esther Ellis, MS, RDN, LDN

Reviewers: Academy Staff RDNs **Published:** October 23, 2017 **Reviewed:** December 11, 2023



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Would you believe that kids between 13 to 18 years old spend an average of eight and a half hours per day on screen time for entertainment alone? That includes screens on computers, TVs, tablets, phones and gaming systems. That's more time than some kids spend with their parents! Children younger than 1 are logging screen time, too, with those from 0 to 8 years old averaging two and a half hours of media use per day. Chances are your kids are in front of screens more than you think. Do they watch a show while getting dressed? How about while eating breakfast or waiting for the bus? Do they play video games or use a tablet before dinner? Ask your kids about this. What you learn might be surprising. Reducing the amount of time your child spends with media will have a positive lifestyle impact — even if eating habits do not otherwise change. Try some of these pointers to help disconnect your child from the screen:

1. **Remove media from the bedroom.** And turn screens off 30 minutes to an hour before bedtime.
2. **Enjoy electronic-free meals.** Make it a family rule to turn off the TV while eating and ensure everybody puts away their cellphones so you can focus on each other. Families that eat dinner together more often have better nutrient intake and health outcomes and kids tend to have better academic performance.
3. **Save TV for weekends.** While you watch shows as a family on the weekend, fast-forward through commercials. Sit down with your kids and help them select specific shows they'll watch, giving them some control and helping them make decisions. Watch with them when you can. Remember to limit screen time on weekends, too.
4. **Create a family screen time policy.** As a family, discuss ways to cut back on recreational screen time. Ask the kids to come up with reasonable limits; as parents, you should do the same. Then write up a contract and have everybody sign it. If the family reaches the goal, reward yourselves with a physical activity you all can enjoy, such as walking around a museum or playing at a local park.
5. **Enjoy an action-packed evening.** After dinner, resist the urge to watch TV. Take the dog for a walk; go for a family bike ride; play outdoor games such as red rover, tag or duck-duck-goose; or play an indoor game such as charades, hide-and-seek or a board game.
6. **Turn off Saturday morning cartoons.** Take kids to the local park, recreation center or health club. Play a game of basketball, let them climb on the monkey bars, or sign them up for swimming lessons or organized team sports.
7. **Get up and dance.** Take off the headphones, turn up the music, and have a family dance contest. Can anybody do the moonwalk, running man or floss?
8. **Hang out with friends.** Instead of communicating by computer or cellphones, encourage older kids to get together with their friends and do something fun such as walk around the mall, go sledding or play a pickup game of soccer. For younger kids, invite a friend over and encourage active forms of play instead of watching TV or playing video games.
9. **Play interactive video games.** Invest in or rent video games that require kids to get up and move their arms and legs — no sitting allowed.
10. **Make screen time an active time.** When kids do watch TV, prevent them from being a slouch on the couch. Have a contest to see who can do the most push-ups or jumping jacks during a commercial break. Older kids can stretch, practice yoga or lift weights while watching TV.