



**CLAYTON COUNTY  
PUBLIC SCHOOLS  
NUTRITION  
DEPARTMENT**



# DECEMBER

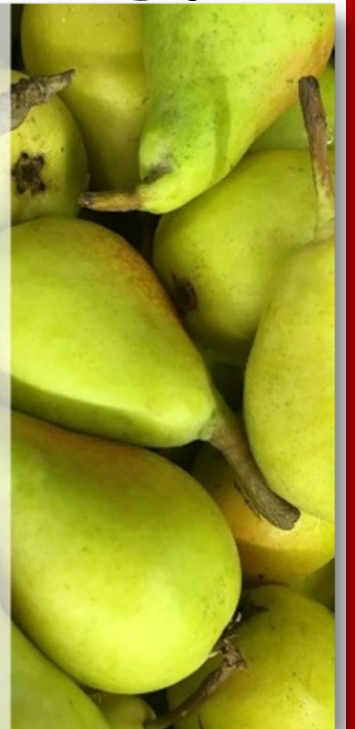
M	T	W	T	F
			1	<b>Fruits</b> 2 Honeydew Melon Honeydew Melon allergy substitute: Grape Tomato
<b>Fruits</b> 5 Jazz Apple	6	<b>Vegetables</b> 7 Red Cabbage	8	<b>Fruits</b> 9 Cranberries
<b>Fruits</b> 12 Tangerine Citrus allergy substitute: Cameo Apple	13	<b>Fruits</b> 14 Kumquats Citrus allergy substitute: Green Peppe	15	<b>Fruits</b> 16 Cara Cara Orange Citrus allergy substitute: Pineapple
19	20	21	22	23
~HOLIDAY BREAK~				
26	27	28	29	30
~HOLIDAY BREAK~				

## SPECIAL NOTES:

**HAPPY NATIONAL PEAR MONTH!**

5 easy ways to enjoy them:

- Dip in peanut butter
- Roast with sweet potatoes
- Toss into salads
- Serve with cheese and whole-grain crackers
- Add to stir-frys



2022