

DECEMBER CAFETERIA NEWSLETTER

FREE SCHOOL MEALS!



Did you know?...

Hershey's now wraps up to 1,300 Hershey's Kisses a minute. That gives them the capacity to make approximately 33 million Hershey's Kisses a day, or more than 12



DECEMBER PICK UPS WILL
CEASE AFTER
DECEMBER 16, 2020
AND
RESUME JANUARY 6, 2021

DECEMBER PICK UP LINK FOR ALL STUDENTS :

<https://docs.google.com/forms/d/e/1FAIpQLScSiseN8VJ1QrBuKzKakxFbqvJhU0MqHDMwx3rQRET2P5NFw/viewform>

Ingredients for Cookie Dough Truffles

1/2 C butter, softened	1 can (14 ounces) sweetened condensed milk
3/4 C packed brown sugar	1/2 C miniature semi sweet chocolate chips
1 tsp vanilla extract	1/2 C chopped walnuts (optional)
2 C all-purpose flour	1 1/2 pounds dark chocolate candy coating

In a large bowl, cream the butter and brown sugar until light and fluffy. Beat in vanilla. Gradually add flour, alternately with milk, beating well. Stir in chocolate chips and walnuts (optional).

Shape into 1" balls; place on waxed paper –lined baking sheets. Loosely cover and refrigerate for 1–2 hours or until firm.

In a microwave, melt candy coating, stir until smooth. Dip the balls into the coating; allow excess to drip off. Place on waxed paper-lined baking sheets. Refrigerate until firm—about 15 minutes. Can also, Remelt chocolate and drizzle over candies for effect. Keep refrigerated.



Holiday Do and Don't List

DON'T COMPLETELY RESTRICT YOURSELF

Celebrate with family and friends. If you know you're going to have a Christmas meal at your family's house, only indulge at that one Christmas meal.

DO EAT YOUR FAVORITE THINGS ONLY

Choose foods carefully at parties and buffets. To avoid overeating, it's helpful to scout the buffet to know what is available. Choose foods you love and also some you know are both healthy and delicious. If you want to have a treat, only select the one you enjoy most.

DO BRING YOUR OWN DISH

if you don't know what kind of food will be at the get-together, bring a dish you won't feel guilty eating.

DON'T GO INTO CHRISTMAS DAY CELEBRATIONS WITH AN EMPTY STOMACH

Eating breakfast on the day of Christmas can be helpful. A fuller stomach will help you make more mindful choices since you won't be overly hungry.

DO GO FOR A WALK WITH YOUR FAMILY

Staying active with a leisurely walk will not only help burn off some post-meal calories, but it can also be a nice family activity.

DON'T KEEP ANY LEFTOVERS

If you're hosting the meal, get rid of all the leftovers after the celebration. People love taking food with the, and you won't be tempted to keep indulging on the same holiday treats if you don't have any left.

****Check out the menu on West-Jefferson.k12.oh.us****