



School Information: Hello December ☺
Make it a good one, remember to exercise daily, read a good book and be positive.



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Reference: USDA MyPlate

Monday



Tuesday

Wednesday

Thursday

Friday

TACO TUESDAY & CHIPS 1
CHEESE, SHRED. LETTUCE
FESTIVE BEAN SALAD
CHOICE OF FRUIT
ALT: COLD MEAT SANDWICH

BAKED CHEESE PIZZA 2
SALAD, CHIX PEAS &
TOMATOES, BROCCOLI
CHOICE OF FRUIT
ALT: COLD MEAT SANDWICH

TURKEY IN GRAVY 3
BAKED STUFFING, WG ROLL
STEAMED CORN
CHOICE OF FRUIT
ALT: COLD MEAT SANDWICH

CHEESE RAVIOLI 4
SHRED. CHEESE, WG ROLL
STEAMED CARROTS
CHOICE OF FRUIT
ALT: COLD MEAT SANDWICH

CHICKEN IN GRAVY 7
BROWN RICE, WG ROLL
STEAMED BROCCOLI
CHOICE OF FRUIT
ALT: HOTDOG ON WG ROLL

HAM & CHEESE 8
PANINI, SUN CHIPS
STEAMED PEAS
CHOICE OF FRUIT
ALT: HOTDOG ON WG ROLL

PASTA w/ MEAT SAUCE 9
SHRED. CHEESE, WG ROLL
STEAMED CARROTS
CHOICE OF FRUIT
ALT: HOTDOG ON WG ROLL

BBQ-SLOPPY JOE 10
WG ROLL, GREEN BEANS
BABY CAKE POTATOES
CHOICE OF FRUIT
ALT: HOTDOG ON WG ROLL

CH. BREADSTICKS, SAUCE 11
ROMAINE & TOMATO SALAD
KIDNEY BEANS
CHOICE OF FRUIT
ALT: HOTDOG ON WG ROLL

CHCKEN FINGER WRAP 14
LETTUCE & TOMATO
STEAMED CORN
CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH

TACO TUESDAY & CHIPS 15
CHEESE, SHRED. LETTUCE
BAKED BEANS
CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH

CHICKEN FAJITA BOWL 16
RICE, CHEESE, LETTUCE &
SALSA, STEAMED BROCCOLI
CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH

ROTINI w/ MEAT SAUCE 17
SHRED. CHEESE, WG ROLL
STEAMED CARROTS
CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH

BAKED PIZZA BAGEL 18
SALAD w/ TOMATOES
STEAMED PEAS
CHOICE OF FRUIT
ALT: GR. CHEESE SANDWICH

CHICKEN ALFREDO 21
BUTTERED PASTA
GREEN BEANS
CHOICE OF FRUIT
ALT: PIEROGIES

MEATBALLS IN GRAVY 22
MASHED POTATOES
GARLIC STICK, BROCCOLI
CHOICE OF FRUIT
ALT: PIEROGIES

BAKED PIZZA 23
SWEET POTATO FRIES
STEAMED CARROTS
CHOICE OF FRUIT
ALT: PIEROGIES

WINTER BREAK 24

WINTER BREAK 25

WINTER BREAK 28

WINTER BREAK 29

WINTER BREAK 30

WINTER BREAK 31

