

# December 2019

## Kittitas School District



**School Information:** Kittitas Schools is an Equal Opportunity Provider



**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

Pizza  
Salad  
Corn  
Pears **2**

Chicken Nuggets  
Broccoli  
Cauliflower  
Fruit  
Roll **3**

Chef's Salad  
Chick Peas  
Celery  
Fruit  
Roll **4**

Fish  
Carrots  
Salad  
Grapples  
Roll **5**

Lasagna  
Salad  
Green Beans  
Fruit  
Roll **6**

Chicken Noodles  
Salad  
Fruit  
Celery  
Roll **9**

Beef Taco  
Black Beans  
Corn  
Fruit **10**

Deli Sandwich  
Cucumbers  
Broccoli  
Fruit  
Chips **11**

Spaghetti/Meatballs  
Salad  
Celery  
Grapples  
Garlic Bread **12**

Chicken Salad  
Cauliflower  
Carrots  
Fruit  
Roll **13**

Chicken Wonderbites  
Rice  
Salad  
Fruit  
Roll **16**

Beef Taco  
Black Beans  
Corn  
Fruit **17**

Sloppy Joe  
Celery  
Cauliflower  
Salad  
Fruit **18**

Chicken Fried Steak  
Rice  
Carrots  
Fruit  
Roll **19**

Deli Sandwich  
Cucumbers  
Broccoli  
Fruit  
Chips **20**

NO  
SCHOOL **23**

NO  
SCHOOL **24**


NO  
SCHOOL **25**

NO  
SCHOOL **26**

NO  
SCHOOL **27**

NO  
SCHOOL **30**

NO  
SCHOOL **31**

Menu Subject to Change  
Milk served with every meal  


Prices  
Elem. \$ 2.75  
Secondary \$ 2.95  
Milk \$ .50

