

Type School Name Here

MCFI

9-12 Hot Lunch



**December
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		1 BBQ Meatball Sub with Shredded Cheese on WG Bun Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	2 Orange Chicken with Brown Rice Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	3 WG Calzone Marinara Sauce Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk
6 BRUNCH FOR LUNCH WG Pancakes with Syrup Cup Chicken Breakfast Sausage Yogurt Cup Sunset Sip Juice Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	7 Baked Chicken Leg WG Cornbread with Honey WG Cracker Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	8 Hamburger on a WG Bun Ketchup Packet Steamed Corn Seasonal Fruit 100% Fruit Juice Choice of Milk	9 Domino's Cheese Pizza Baby Carrots with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	10 Shredded Turkey and Gravy on WG Croissant Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk
13 Loaded Chicken Bowl WG Chicken Smackers and Shredded Cheese over Mashed Potatoes WG Biscuit Seasonal Fruit 100% Fruit Juice Choice of Milk	14 Turkey Hot Dog on WG Bun Ketchup Packet Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	15 Sloppy Joe on WG Bun Baked Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	16 WG Cheese Quesadilla Salsa Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	17 NATIONAL MAPLE SYRUP DAY WG French Toast Sticks Syrup Cup Yogurt Cup Sunset Sip Juice Seasonal Fruit 100% Fruit Juice Choice of Milk
20 Beef Taco on WG Tortilla With Shredded Cheese Taco Sauce WG Cracker Seasoned Beans Seasonal Fruit 100% Fruit Juice Choice of Milk	21 WG Cheesy Garlic Bread Marinara Cup Baby Carrots Seasonal Fruit 100% Fruit Juice Choice of Milk	22 Crispy Chicken Wrap on WG Tortilla BBQ Packet Crunchy Broccoli with Ranch Seasonal Fruit 100% Fruit Juice Choice of Milk	23 MCFI CLOSED	24 MCFI CLOSED
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 MCFI CLOSED

This institution is an equal opportunity provider.



December Nutrition Tip: National Hand Washing Awareness Week
 The first week of December is National Hand Washing Week! Make sure to properly wash your hand often, especially this season, to stay safe from colds/flu and to protect your loved ones.
 Source: [CDC.gov](https://www.cdc.gov)
 For when and how to properly wash your hands, click the QR Code!

