

DECEMBER 2023

Centennial Schools PreK-8th

LUNCH

Second Lunch \$4.95 Just Milk \$.60 Extra Entree \$2.75
Trays must have at least ½ cup of fruit/vegetables on them to receive the \$0.00 charge.
If they do not, they will be charged Ala Carte prices.



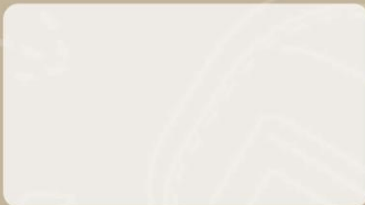
Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



TUESDAY



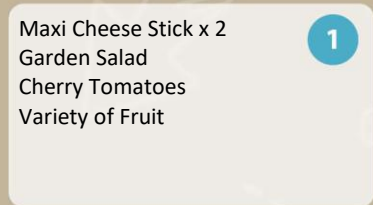
WEDNESDAY



THURSDAY



FRIDAY



Omelet
Muffin
Sunset Sip
Smile Fries Variety of Fruit

4

Sweet & Sour Chicken
Fried Rice
Fortune Cookie
Sugar Snap Peas
Carrots
Dinner Roll
Variety of Fruit

5

Corn Dog
Sweet Potato Fries
Baked Beans
Variety of Fruit

6

Chicken Nachos
Refried Beans
Shred Lettuce
Pico de Gallo
Variety of Fruit
KB/CMS: Scooby Snack

7

Bosco Stick x 2
Garden Salad
Cherry Tomatoes
Variety of Fruit

8

Stuffed Crust
Sugar Snap Peas
Carrots
Variety of Fruit

11

Funnel Cake
Turkey Sausage Patty
Sunset Sip
Celery Sticks
Variety of Fruit

12

Beef Riblet
Chip
Baked Beans
Carrots
Variety of Fruit

13

Burrito Bowl - Chicken
Brown Rice
Chip
Black Beans
Pico
Shred Romaine Lettuce
Variety of Fruit

14

Winter Nuggets
Garden Salad
Cherry Tomatoes
Variety of Fruit
Bell cookie -

15

Italian Dunker
Sugar Snap Peas
Carrots
Variety of Fruit

18

Turkey Gravy
Mashed Potato
Dinner Roll
Green Beans
Variety of Fruit
KB/CMS: Scooby Snack

19

Funyun Burger
Hamburger
Funyun
Baked Beans
French Fries
Pickels
Variety of Fruit

20

Walking Chicken Taco
Fiesta Beans
Shred Rome Lettuce
Pico
Variety of Fruit

21

Cook's Choice
Garden Salad
Cherry Tomatoes
Variety of Fruit

22

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29