

DECEMBER 2024

LUNCH



***Menu subject to substitution.**
***Milk served with all meals.**
***This institution 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

Hot Dog
 Potato Smiles
 Cucumbers
 Pears

2

TUESDAY

Teriyaki Chicken
 Rice
 Peas & Carrots
 Clementine
 Roll

3

WEDNESDAY

Grilled Cheese
 Tomato Soup
 Broccoli Florets
 Strawberries

4

THURSDAY

Grilled Nuggets
 Baked Beans
 Carrots
 Pineapple
 Cornbread

5

FRIDAY

Ham Sandwich
 Lettuce & Tomato
 Chips
 Tropical Fruit
 Fruit Snack

6

Chili
 Corn Chips
 Red Pepper Strips
 Peaches
 Cinnamon Roll

9

Pizza
 Salad & Baby Carrots
 Mango &
 Strawberries
 Breadstick (9-12)

10

Chicken Wrap
 Spanish Rice
 Lettuce & Tomato
 Tropical Fruit
 Cookie

11

Chicken Fried Steak
 Mashed Potatoes
 Corn
 Mandarin Oranges
 Roll

12

French Toast Sticks
 Sausage
 Yogurt
 Tri Tator
 Apple Slices

13

Burrito
 Tortilla Chips
 Lettuce & Tomato
 Mexi Corn
 Applesauce

16

Chicken Sandwich
 Lettuce & Tomato
 Tator Tots
 Peaches
 Cookie

17

Chicken Tetrazzini
 Salad
 Carrots
 Kiwi
 Breadstick

18

Taco Soup
 Broccoli Florets
 Corn Chips
 Fruit Cocktail

19

Ham
 Cheesy Potatoes
 Green beans
 Biscuit
 Jello
 Frozen Treat

20

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

30

NO SCHOOL

31

