

# DECEMBER 2024

## LUNCH



**School Information: School Information: K-5  
Lunch Price \$3.50, 6-12 Lunch Price \$3.75  
Reduced Lunch Price \$.40  
Alternates are only available to Jr/High  
School Students since they are Offer vs.**



**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

Pig in a Blanket, Baby Carrots, Garden Salad, Apple Slices, **Canned Fruit (6-12)**, and Milk

2

**Alternate: Cooks Choice**

### TUESDAY

Chicken Noodles & Mashed Potatoes, Green Beans, Tropical Fruit, **Cookie (9-12), Canned Fruit (6-12)**, and Milk  
**Alternate: Cooks Choice**

3

### WEDNESDAY

Spaghetti w/Meat Sauce, Garlic Toast, Corn, Tossed Salad, Mandarin Oranges, **Canned Fruit (6-12)**, and Milk  
**Alternate: Cooks Choice**

4

### THURSDAY

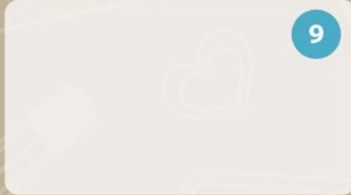
Hamburger on Bun, Red Bell Pepper Strips, Celery Strips, Baked Chips, Orange Slices, **Canned Fruit (6-12)**, and Milk  
**Alternate: Cooks Choice**

5

### FRIDAY

Chicken Patty Sandwich, WW Roll, Mashed Potatoes, Mixed Vegetables, Grapes, **Fresh Fruit (6-12)**, and Milk  
**Alternate: Cooks Choice**

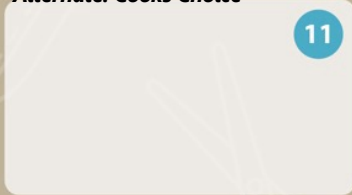
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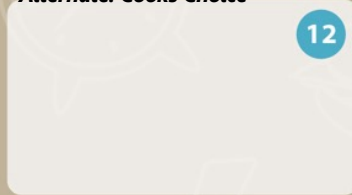
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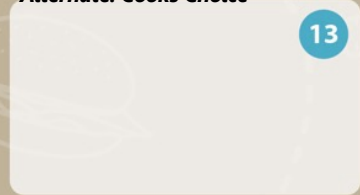
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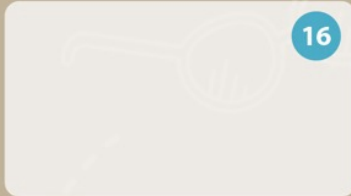
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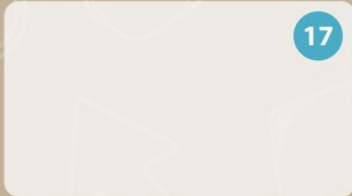
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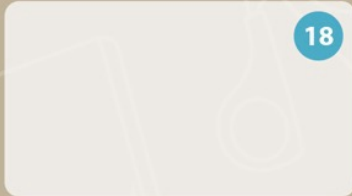
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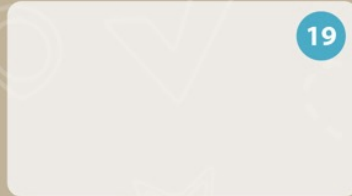
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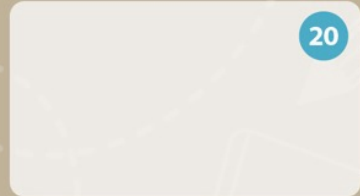
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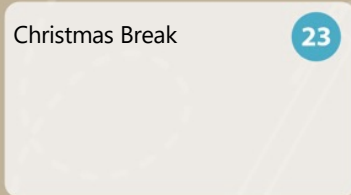
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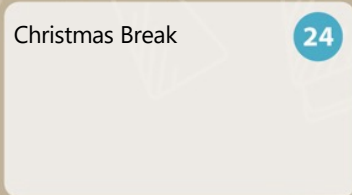
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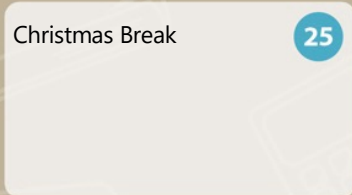
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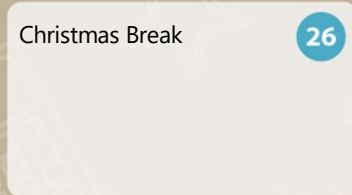
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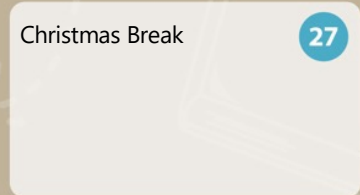
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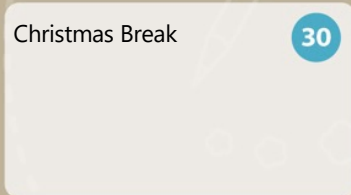
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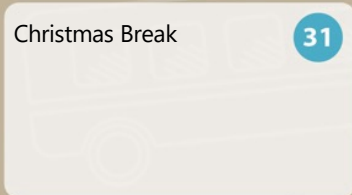
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27



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31



*This institution is an equal opportunity provider. Menu is subject to change without notification.*