



Happy Holidays!

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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BBQ Pork Nachos 3
Corn
Toppings
Pears
100% Fruit Juice
Milk

Taco Pizza 4
Romaine Lettuce
Salsa
Fresh Orange
Milk

Hot Dog Sandwich 5
Baked Beans
Baby Carrots
Peaches
Milk

Sausage Pizza 6
Iceberg Lettuce
Fruit
Cookie
Milk

Mini Corn Dogs 9
Baked Beans
Baby Carrots
Pineapple
Milk

Hamburger Sandwich 10
Lettuce & Tomato
Hashbrown
Peaches
Milk

Pizza Crunchers 11
Corn
Spaghetti Sauce
Applesauce
100% Fruit Juice
Milk

Chicken Nuggets 12
Green Beans
Dinner Roll
Pears
Milk

Pizza Ripper 13
Romaine Lettuce
Jonny Pop
Fruit
Milk

Chicken Patty Sandwich 16
Iceberg Lettuce
Cheesy Potatoes
Peaches
Milk

Grilled Cheese 17
Tomato Soup
Fresh Broccoli
Yogurt
Applesauce
Milk

Chicken Tenders 18
Baby Carrots
Pineapple
100% Fruit Juice
Milk

Italian Meatballs 19
Breadstick w/Sauce
Iceberg Lettuce
Mandarin Oranges
Milk

Chicken Quesadilla 20
Romaine Lettuce
Salsa
Fruit
Sidekick
Milk

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No School! 26

No School! 27

No School! 30

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