



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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Hot Dog Sandwich 3
Baked Beans
Tater Tots
Fruit
Milk

Vegetable Soup 4
Cheese Breadstick
Baby Carrots
Fruit
Milk

BBQ Pork Nachos 5
Tomato & Onion
Coleslaw/Black Beans
Granola Bar
Fruit
Milk

Sausage Pizza 6
Romaine Lettuce
Baby Carrots
Fruit
Milk

Mini Corn Dogs 9
Baked Beans
Baby Carrots
Fruit
Milk

Hamburger Sandwich 10
Lettuce & Tomato
Hashbrown
Fruit
Milk

Pasta w/Meat Sauce 11
Green Beans
Cheese Breadstick
Fruit
Milk

Chicken Nuggets 12
Potato Smiles
Peas
Dinner Roll
Fruit
Milk

Pizza Ripper 13
Romaine Lettuce
Bell Peppers
Fruit
Milk

Chicken Patty Sandwich 16
Green Beans
Cheesy Potatoes
Fruit
Milk

Orange Chicken 17
Rice
Broccoli
Fortune Cookie
Fruit
Milk

Chicken Strip Wrap 18
Lettuce & Tomato
Baby Carrots
Granola Bar
Fruit
Milk

Italian Meatballs 19
Breadsticks w/Sauce
Special Salad
Fruit
Milk

Chicken Quesadilla 20
Romaine Lettuce
Corn & Bean Salsa
Fruit
Milk

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No School! 26

No School! 27

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