



School Information:

Early Dismissal Dec. 10
Dec. 24-31 Closed for Winter Break



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

All lunches include a variety of Fresh fruit, chilled fruit cup, and choice of milk. (skim, 1% or fat free chocolate)

Taco's w/ Cheese **1**
Egg salad Sandwich
Cereal Boat
Ginger Glazed Carrots

Quesadilla With Salsa **2**
Egg Salad Sandwich
Cereal Boat
Southwest Black Beans

Pizza **3**
Egg Salad Sandwich
Cereal Boat
Steamed Green Beans

6
Meatball Parm Sandwich
Ham and Cheese Sandwich
Bagel Boat
Cucumber Coins

7
Chicken Patty Sandwich
Ham and Cheese Sandwich
Bagel Boat
Steamed Broccoli

8
Nachos w/ Cheese Salsa
Ham and Cheese Sandwich
Bagel Boat
Vegetarian Beans

9
Cheeseburger on a bun
Ham and Cheese Sandwich
Bagel Boat
Tator Tots

10
½ Day Bag Lunch
Ham & Cheese Sandwich
Fruit
Carrot Sticks
Milk/Juice

13
Chicken and Cheese Taquitos
Italian Sub
Yogurt Boat
Roasted Garbanzo Beans

14
Boneless Boites w/ soft pretzel stick
Italian Sub
Yogurt Boat
Seasoned green beans

15
Tacos w/ Cheese
Italian Sub
Yogurt Boat
Sautéed Spinach

16
Corn Dog
Italian Sub
Yogurt Boat
Mashed Potatoes

17
Pizza
Italian Sub
Yogurt Sub
Roasted Carrot Sticks

20
Oven Roasted Chicken With Buttermilk Biscuit
Pretzel Boat
Roasted Broccoli

21
Pepperoni Hot Pocket
Turkey and Cheese Sandwich
Pretzel Boat
Steamed Corn

22
Nachos w/ Cheese & Salsa
Turkey & Cheese Sandwich
Pretzel Boat
Parmesan Green Beans

23
½ Day Bag Lunch
Turkey and Cheese Sandwich
Fruit Carrot Sticks
Milk and Juice

24
School Closed



29
School Closed

29
School Closed

30
School Closed

