

December 2019

Ell-Saline Middle/High School

LUNCH



School Information:

Milk- 8 oz. is served with each school Lunch.
Skim Chocolate, 1% White and Skim White.



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

Country Beef Patty
Whole Wheat Roll
Or PBJ Sandwich
Mashed Potatoes, Gravy
Green Beans, Diced Pears
Milk Choice

Tuesday

Pepperoni Pizza **3**
Or Turkey & Cheese Sandwich
Celery Sticks,
Cherry Tomatoes
Fresh Orange, Milk

Wednesday

Taco Burger on a Bun **4**
Tortilla Chips
Or Popcorn Chicken
Tortilla Chips, Salsa
Leaf Lettuce, Refried Beans
Banana, Milk

Thursday

Hot Ham & Cheese **5**
Pork Rib on a Bun
Potato Wedge
Broccoli Florets
Fruit Cocktail, Milk Choice

Friday

Lasagna, Garlic Bread **6**
Stick w/ Marinara Sauce
Or Fruit, Yogurt & Granola
Garden Salad, Baby Carrot
Fresh Apple, Choc. Chip
Cookie, Milk

Fajita Chicken Wrap **9**
Crispito Lettuce leaf,
Tomato Slice
Spanish Rice, Corn
Tropical Fruit
Oatmeal Cookie, Milk

Pig in a Blanket **10**
or PBJ Sandwich
Potato Wedge
Broccoli & Cheese
Apple, Milk Choice

White Chicken Chili **11**
Corn Bread or
Grill Chicken on a bun,
Cucumbers
Cherry Tomato's
Banana, Milk

Biscuits & Gravy **12**
Sausage Patty
Or Pepperoni pizza
Hash Brown Patty
Green Beans
Orange Halves, Milk

Cheese Pizza or **13**
Popcorn Chicken
Broccoli Florets
Baby Carrots
Pineapple Chunks, Milk

Cheese Bread Sticks **16**
w/ Marinara Sauce or
Grilled Chicken Sandwich
Sweet Corn, Tossed Salad
Fresh Apple, Milk

Super Nacho's **17**
Or Chicken Chili Crispito
Leaf Lettuce, Tomato Salsa
Mixed Fruit cup
Milk

Pulled Pork on a Bun **18**
or Hamburger on a Bun
Creamy Coleslaw
Baked Beans
Strawberries & Banana, Milk

Cheese Pizza or **19**
Turkey & Cheese/Bun
Baby Carrots
Broccoli Florets
Pineapple Tidbits, Milk

No School- **20**
Teacher Work Day

Winter Break **23**

Winter Break **24**

Winter Break **25**

Winter Break **26**

Winter Break **27**

Merry Christmas

Winter Break **30**

Happy New Year! 2020!

