

December 2019

ELL-Saline Elementary- Lunch



School Information:
Milk Choices-
1% White, Skim Chocolate
Or 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

Chicken Patty **2**
Mashed Potatoes & Gravy
Green Beans
Orange Halves
Milk

Tuesday

Pepperoni Pizza **3**
Celery Sticks
Cherry Tomatoes
Fresh Orange
Milk

Wednesday

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

Thursday

Hot Ham and Cheese **5**
Potato Wedge
Broccoli Florets
Fruit Cocktail
Milk

Friday

Lasagna, Garlic Bread **6**
Garden Salad
Baby Carrots
Fresh Apple
Cookie, Milk

Fajita Chicken Wrap **9**
Refried Beans
Tomato Slice
Spanish Rice, Corn
Tropical Fruit, Cookie, Milk

Pig In a Blanket **10**
Potato Wedge
Broccoli & Cheese
Apple Wedge
Milk Choice

White Chicken Chili **11**
Corn Bread
Cucumbers,
Cherry Tomato's
Banana, Milk

Biscuit and Gravy **12**
Sweet Peas
Hash Brown Patty
Orange Halves
Milk Choice

Grilled Chicken Sandwich **13**
Broccoli Florets
Fresh Baby Carrots
Diced Peaches
Milk Choice

Cheese Breadstick **16**
Marinara Sauce
Seasoned Corn
Tossed Salad
Orange Halves, Milk

Super Nacho's **17**
Refried Beans
Romaine Lettuce
Tomato Salsa
Milk Choice

Hamburger On a Bun **18**
Creamy Coleslaw
Baked Beans
Strawberries & Banana's
Milk Choice

Cheese Pizza **19**
Baby Carrots
Broccoli Florets
Pineapple Tidbits
Milk Choice

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**

Winter Break **31**

Winter Break
Happy New Year



Winter Break

Winter Break!

