

# December 2016

It's Beginning to Look a lot like Christmas!

## LUNCH



**Parent/Student information: Students will be offered 5 items- a Meat/Meat Alternate, Grain, Vegetable, Fruit and Milk. Students must take 3 items, one of which must be a fruit or Vegetable. Additional Vegetables and Fruits are available daily on the Salad Bar.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

Biscuit & Gravy **5**  
Hash Brown Patty  
Green Beans  
Pineapple Tidbits  
(6-12 Sausage patty) Milk

Cheese Pizza **6**  
Broccoli Florets  
Fresh Baby Carrots  
Fresh Citrus Fruit  
Milk

Mini Meatball Sub **7**  
Tri Tater  
Tossed Salad  
Banana  
Milk

Grill Chicken on Bun **1**  
Sweet Potato Waffle Fries  
Green Beans  
Fresh Grapes, Milk  
(9-12 Apple Crisp)

Macaroni & Cheese **2**  
Meat Balls  
Seasoned Peas, Baby Carrots, Apple Salad, Milk  
(6-12 WW Bread & Jelly)

BBQ Pork on a Bun **12**  
Celery & Cucumbers  
Baked Beans  
Tropical Fruit Salad  
Milk (6-12 Royal Brownie)

Bean & Beef Burrito **13**  
Tomato Salsa, Romaine  
Sweet Corn  
Banana, Milk  
(9-12 Tortilla Chips)

Country Beef Pattie **14**  
Mashed Potatoes & Gravy  
Steamed Broccoli  
Pineapple Tidbits, Milk  
(6-12 W Wheat roll & Jelly)

Turkey & Cheese Sub **15**  
Dark Green Leaf lettuce  
Tomato Slices,  
Sweet Potato Waffle Fries,  
Apple Milk

Chicken Chili Crispito **16**  
Garden Salad  
Fresh Baby Carrots  
Diced Pears, Milk

Hamburger on a Bun **19**  
Dark Green Leaf Lettuce,  
Tomato Slice, Oven Fries  
Strawberries & Bananas  
Milk (9-12 Graham Snack)

Christmas Dinner **20**  
Baked Ham, Sweet Potatoes, Green Beans  
Fresh Grapes,  
Honey Apple Crisp, Milk

Chili **21**  
Tortilla Chips ,Pepper Strips,  
Sliced Cucumbers, Orange Halves, Cinnamon Roll, Milk

Chicken Nuggets **22**  
Mashed Potatoes & Gravy  
Tossed Salad, Diced Pears  
Whole Wheat Roll , Milk

No School Today **23**  
Winter Break

No School Today **26**  
Winter Break

No School Today **27**  
Winter Break

No School Today **28**  
Winter Break

No School Today **29**  
Winter Break

No School Today **30**  
Winter Break