



School Information:
 Student lunch: \$2.45
 Adult lunch: \$3.50



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

"This institution is an equal opportunity provider and employer"

Wednesday



Thursday



Friday

Soft Shell Taco
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Refried Beans & Corn
 Fresh Fruit or Canned Fruit
 Milk **4**

Stir Fry with Brown Rice
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Peas & Carrots
 Fresh Fruit or Canned Fruit
 Milk **5**

Vegetable Beef Soup with Crackers
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Romaine Salad & Stewed Tomato
 Fresh Fruit or Canned Fruit
 Milk **6**

Pork BBQ
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Cole Slaw & Baked Beans
 Fresh Fruit or Canned Fruit
 Milk **7**

Chicken Nuggets with Roll
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Carrots & Broccoli
 Fresh Fruit or Canned Fruit
 Milk **8**

Mushroom Swiss Burgers
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Fries & Carrots
 Fresh Fruit or Canned Fruit
 Milk **11**

Chicken Alfredo with Roll
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Broccoli & Green Beans
 Fresh Fruit or Canned Fruit
 Milk **12**

CHRISTMAS LUNCH **13**
 Hot Turkey with Gravy
 Mashed Potato & Green Beans
 Cranberry Sauce
 PB&J Sandwich
 Fresh Fruit or Apple Crisp with Whip Cream
 Milk

Tomato Soup with Grilled Cheese Sandwich
 PB&J Sandwich
 Baked Potato
 Cobb or Chicken Caesar Salad
 Carrots & Romaine Salad
 Fresh Fruit or Canned Fruit
 Milk **14**

Chicken Patty
 PB&J Sandwich
 Fries & Black Bean Salad & Carrots
 Fresh Fruit or Canned Fruit
 Milk **15**

Spaghetti w/ Meat Sauce
 And roll
 PB&J Sandwich
 Corn & Carrots
 Fresh Fruit or Canned Fruit
 Milk **18**

Hot Italian Sub
 PB&J Sandwich
 Fries & Green Beans
 Fresh Fruit or Canned Fruit
 Milk **19**

EARLY RELEASE **20**
 Calzones
 PB&J Sandwich
 Black Bean Salad & Peas
 Fresh Fruit or Canned Fruit
 Milk

NO SCHOOL **21**
Enjoy your break!

NO SCHOOL **22**
Enjoy your break!

NO SCHOOL **25**
MERRY CHRISTMAS!

NO SCHOOL **26**
Enjoy your break!

NO SCHOOL **27**
Enjoy your break!

NO SCHOOL **28**
Enjoy your break!

NO SCHOOL **29**
Enjoy your break!