

# DECEMBER

## 2018

Monday, Dec 3

**Lunch**  
 Chicken Strips  
 Buttered Noodles  
 Broccoli  
 Assorted Fruit  
 Milk

Tuesday, Dec 4

**Lunch**  
 Steak Hoagie  
 Onion Rings  
 Glazed Carrots  
 Assorted Fruit  
 Milk

Wednesday, Dec 5

**Lunch**  
 Soft Taco  
 Pretzel  
 Refried Beans  
 Salsa  
 Buttered Corn  
 Assorted Fruit  
 Milk

Thursday, Dec 6

**Lunch**  
 Hamburger  
 Curly Fries  
 Green Beans  
 Assorted Fruit  
 Milk

Friday, Dec 7

**Noon Dismissal**  
  
**No Lunch**

Monday, Dec 10

**Lunch**  
 Meatball Sub  
 Baked Fries  
 Mixed Vegetables  
 Assorted Fruit  
 Milk

Tuesday, Dec 11

**Lunch**  
 BRUNCH  
 Fr Toast Sticks  
 Sausage Patty  
 Hash Browns  
 Vegetable Juice  
 Assorted Fruit  
 Milk  
 Pudding

Wednesday, Dec 12

**Lunch**  
 CHICKEN BOWL  
 Popcorn Chicken  
 Mash Pot/Gravy  
 Corn, Cheese, Roll  
 Assorted Fruit  
 Milk

Thursday, Dec 13

**Lunch**  
 Baked Ham  
 Dinner Roll  
 Cheesy Potatoes  
 Green Beans  
 Assorted Fruit  
 Milk  
 Cake

Friday, Dec 14

**Lunch**  
 School Pizza  
 Tossed Salad  
 Vegetables  
 Assorted Fruit  
 Milk

Monday, Dec 17

**Lunch**  
 Italian Hoagie  
 Chips  
 Broccoli  
 Assorted Fruit  
 Milk

Tuesday, Dec 18

**Lunch**  
 Grilled Cheese  
 Tomato soup  
 Baked Beans  
 Assorted Fruit  
 Milk

**NUTRITION TO GO**

If your family wants to eat healthier, don't try to do too much all at once. Start slow and make changes over time. For instance, make an effort to eat fish (unbreaded) once or twice every week. Fish is typically lower in fat than other meats, and even higher-fat types of fish like salmon are sources of healthy omega-3 fatty acids.

**A TASTY MORSEL FOR PARENTS**

Wednesday, Dec 19

**PTG**  
**FREE**  
**Christmas**  
**Lunch**

Thursday, Dec 20

**Noon Dismissal**  
  
**No Lunch**

Friday, Dec 21

**Christmas**  
**Break**



AVAILABLE DAILY

Ham & Cheese Sandwich  
 Turkey & Cheese Sandwich  
 Chef Salad  
 Cheese Sandwich

