



School Information:



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.



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Baked Chicken
Fruit/Veggie **1**

Spaghetti/Garlic Toast
Fruit/Veggie **2**

Hot Dogs/Baked Beans
Fruit/Veggie **3**

Chicken Strips
Fruit/Veggie **6**

Walking Taco
Fruit/Veggie **7**

Tomato Soup/Grilled Cheese
Fruit/Veggie **8**

Turkey Gravy/Mashed Potatoes
Fruit/Veggie **9**

Pizza
Fruit/Veggie **10**

Raviolis
Fruit/Veggie **13**

Burritos
Fruit/Veggie **14**

Cheesy Ham & Bacon Potatoes
Fruit/Veggie **15**

Christmas Dinner **16**

National Maple Syrup Day **17**
Pancakes/Sausage
Fruit/Veggie

Pulled Pork Sandwich
Fruit/Veggie **20**

Birthday Meal **21**
Corn Dog/Chips
Fruit/Veggie

Christmas Break **22**

Christmas Break **23**

Christmas Break **24**

Christmas Break **27**

Christmas Break **29**

Christmas Break **29**

Christmas Break **30**

Christmas Break **31**