

DECEMBER 2024

LUNCH



Daily Lunch Offerings: Soy Butter & Jelly, Assorted Salads, Fresh Fruit, Assorted Milks



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

Max Stix w Caesar Salad & Carrots
Chicken Caesar Wrap on WG Tortilla
Whole Apples

2

TUESDAY

Crispy Chicken Sandwich on WG Roll w Green Beans & Carrots
American Cold Cut on WG Roll
Bananas

3

WEDNESDAY

Chicken Corndog Nuggets w Baked Beans & Spiral Fries
Crispy Chicken Wrap on WG Tortilla
Whole Pears

4

THURSDAY

Chicken Tenders w Broccoli & Carrots
Turkey & Cheese on WG Roll w Goldfish
Orange Wedges

5

FRIDAY

Chicken Wings w WG Mac, Collard Greens & Celery Sticks w Brownie Batter Hummus
Turkey Ham on WG Roll w Goldfish
Fruit Variety

6

Mozzarella Sticks w Crispy Fries & Carrots
Chicken Caesar Wrap on WG Tortilla
Whole Apples

9

Popcorn Chicken w WG Onion Rings, Carrots & Pizza Hummus
American Cold Cut on WG Roll
Bananas

10

Beef Nacho w Tostito's w Corn & Carrots
Crispy Chicken Wrap on WG Tortilla
Whole Pears

11

Fish Sandwich on WG Roll w Potato Wedges & Green Beans
Turkey & Cheese on WG Roll w Goldfish
Orange Wedges

12

General Tso's on Brown Rice w Broccoli, Celery Sticks & Brownie Hummus
Turkey Ham on WG Roll w Goldfish
Fruit Variety

13

Sweet Potato Fish Nuggets w WG Corn Bread, Spiral Fries & Carrots
Chicken Caesar Wrap on WG Tortilla
Whole Apples

16

Cheese Lasagna w WG Breadstick w Caesar Salad & Carrots
American Cold Cut on WG Roll
Bananas

17

Cheeseburger on WG Bun w Baked Beans & Carrots
Crispy Chicken Wrap on WG Tortilla
Whole Pears

18

Oven Fried Chicken w Garlic Knot, Mashed Potatoes & Green Beans
Turkey & Cheese on WG Roll w Goldfish
Orange Wedges

19

Chicken Wings w WG Hushpuppies, Green Peas, Celery Sticks & Brownie Hummus
Turkey Ham on WG Roll w Goldfish & Fruit Variety

20

23

Winter Break
Happy Holidays!

24

Winter Break
Happy Holidays!

25

Winter Break
Happy Holidays!

26

Winter Break
Happy Holidays!

27

Winter Break
Happy Holidays!

30

Winter Break
Happy Holidays!

31

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Happy Holidays!

