

DECEMBER 2024

BREAKFAST



All meals include a choice of white or chocolate milk.
This institution is an equal opportunity provider.
Menu is subject to change due to supply Shortage.



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

NO
SCHOOL

2

Scrambled egg & bacon
Banana bread
Grapes
Juice
Milk

3

Breakfast pizza
Tropical fruit
Juice
Milk

4

Biscuit & sausage gravy
Yogurt & granola
Banana
Juice
Milk

5

Breakfast burrito
Mandarin oranges
Juice
Milk

6

Combo bars
Yogurt & granola
Apple slices
Juice
Milk

9

Omelette
Bacon
Toast
Pineapple
Juice / Milk

10

Pancake on a stick
Cheese stick
Peaches
Juice
Milk

11

Biscuit & sausage gravy
Yogurt & granola
Applesauce
Juice
Milk

12

Breakfast casserole
English muffin
Fruit cocktail
Juice
Milk

13

Oatmeal
Cheese stick
Pears
Juice
Milk

16

Scrambled egg /sausage
Banana bread
Mandarin oranges
Juice
Milk

17

Chicken biscuit
Hashbrown
Yogurt & granola
Strawberries
Juice / Milk

18

Biscuit & sausage gravy
Yogurt & granola
Banana
Juice
Milk

19

Breakfast burrito
Pineapple
Juice
milk

20

NO
SCHOOL

23

NO
SCHOOL

24

NO
SCHOOL

25

NO
SCHOOL

26

NO
SCHOOL

27

NO
SCHOOL

30

NO
SCHOOL

31



DECEMBER 2024

LUNCH



All meals include a choice of white or chocolate milk. This institution is an equal opportunity provider. Menu is subject to change due to supply Shortage.



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

2

Baked chicken
Au gratins
Baked beans
Mixed salad / Roll
Strawberries
Milk

3

Hot ham & cheese
Tomato soup
Yams
Broccoli
Fruit cocktail
Milk

4

Beef stew
Cornbread
Celery
Ice cup
Milk

5

Chicken spaghetti
Breadsticks
Salad mix
Peas
Pears
Milk

6

Chicken soft tacos
Lettuce, tomato, cheese
Ranch beans
Peas
Applesauce
Milk

9

Frito chili pie
Brown rice
Carroteenies / Celery
Pears
Milk

10

Beef tips w/ gravy
Brown rice
Yams
Broccoli
Oranges
Milk

11

Orange chicken
Egg roll
Stir fry
Fried rice
Mandarin oranges
Milk

12

Nachos w/ salsa
WG chips
Corn
Peaches
Milk

13

Salisbury steaks
Brown rice w / gravy
Green beans
Okra
Peaches
Milk

16

Pizza
Salad mix
Carroteenies
Ranch beans
Tropical fruit
Milk

17

Roast w/ gravy
Mashed potatoes
Peas
Roll
Applesauce
Milk

18

Chili beans
Cornbread
Carrots
Pears
Milk

19

Ham
Mashed potato & gravy
Green beans
Corn / Roll
Fruit cocktail
Milk

20

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

30

NO SCHOOL

31

