

# December 2020

## Barneveld School District

### LUNCH



**School Information:** All meals are subject to change. Please check online form for all second choices or changes daily.



**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

Hot Ham & Cheese, Baked.  
Beans, Peaches, Fresh Veggies,  
Choice of Milk

Cheese Ravioli, OR  
Chicken Bacon Ranch Alfredo,  
Green Beans, Pineapple, Fresh  
Veggies, Choice of Milk

Taco or Taco Salad, Rice,  
Beans, Peaches, Fresh Veggies,  
Choice of Milk

Pizza Dippers, Marinara,  
Carrots, Applesauce, Fresh  
Veggies, Choice of Milk

Scalloped Potatoes &  
Ham, Dinner Roll, Peas,  
Pears, Fresh Veggies, Choice of  
Milk

Lasagna Bake,  
Garlic Bread, Carrots, Pineapple,  
Fresh Veggies, Choice of Milk

Tater Tot Casserole,  
Dinner Roll, Corn,  
Pineapple, Fresh Veggies,  
Choice of Milk

Pizza Dippers, Marinara,  
Carrots, Pears, Fresh Veggies,  
Choice of Milk  
Early Release

Chicken Enchiladas or  
Chicken Quesadillas, Rice,  
Oranges, Fresh Veggies, Choice  
of Milk

Fish Sticks, Fries,  
Applesauce, Fresh Veggies,  
Choice of Milk

Barneveld Bowl  
Popcorn Chicken, Mashed  
Potatoes, Gravy, Corn,  
Applesauce, Fresh Veggies,  
Choice of Milk

Taco OR Taco Salad,  
Rice, Strawberries,  
Fresh Veggies, Choice of Milk

Wrap Wednesday ( see  
the online form for wrap choices),  
Peaches , Fresh Veggies,  
Choice of Milk

Sloppy Joe Sliders,  
Mac & Cheese, Green Beans,  
Applesauce, Fresh Veggies,  
Choice of Milk

Chicken Patty, Fries,  
Pears, Fresh Veggies,  
Choice of Milk

No School

Taco OR Taco Salad,  
Rice, Peaches,  
Fresh Veggies, Choice of Milk

No School

No School

Merry Christmas

No School

No School

No School

