

December

2019



This institution is an equal opportunity provider.
Menus are subject to change.

Dashing through the
snow ...dreaming
of a white

Christmas, I saw
Momma kissing
SANTA CLAUS!!!



It's crazy to just sing the first line of several songs instead of singing the **whole song**, right? It is the same with **great nutrition**. Don't select only one or two things to eat all the time! Choose a variety of foods to compose a healthy and tasty plate! By including servings of whole grains, fruits, and vegetables, you'll create combos of tasty foods that will keep you singing all through the new year!



Wednesday, December 4

Chicken Nuggets
Roll
Twice Baked Potato
Raw Broccoli & Tomatoes
Sautéed Squash & Zucchini
Sweet Potato Patty
Assorted Fruits
Choice of Milk

Thursday, December 5

Cheeseburger
OR
Hamburger
French Fries
Lettuce/Tomatoes/Pickles
Baked Beans
Coleslaw
Assorted Fruits
Choice of Milk

Friday, December 6

Corn Dog
OR
Bosco Sticks
Marinara
Side Salad
Potato Tots
Assorted Fruits
Choice of Milk

Monday, December 2

PB&J
OR
Pepperoni Pizza
Steamed Corn
Caesar Salad
Assorted Fruits
Choice of Milk

Tuesday, December 3

Chicken Finger
OR
Salisbury Steak
Creamed Potatoes
Raw Baby Carrots & Dip
Green Beans
School Made Roll
Assorted Fruits
Choice of Milk



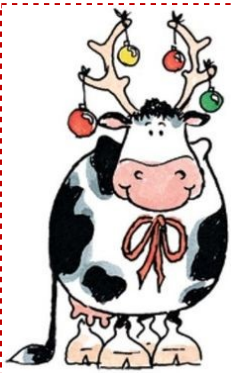
May your days be merry & bright ...and may all your mornings
start off **RIGHT** ~by joining us for breakfast!

Mon. & Thurs.
Cereal OR
Breakfast
Pizza

Tues.
Sausage
Biscuit OR
Cereal

Wed.
Pancakes
OR Cereal

Fri.
Pancake on
a Stick
OR Cereal



**Mo-o-o-o-ey
Christmas!**

**Remember to
leave Santa
a glass of milk!**

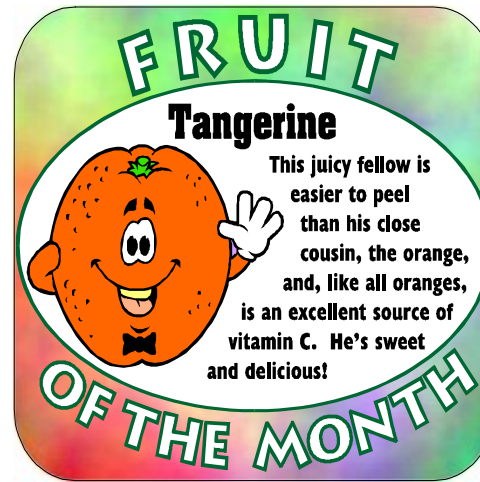
Even old **Saint Nick** knows
that a cup of milk is
delicious & nutritious!

Be Sure **YOU** drink milk during
the holidays, too. It isn't just
for school days!



Monday, December 9

Grilled Cheese
OR
PB&J
Vegetable Soup
Potato Tots
Assorted Fruits
Chocolate Chip Cookie
Choice of Milk



Tuesday, December 10

Ribs & Roll
OR
BBQ Sandwich
French Fries
Coleslaw
Baked Beans
Assorted Fruits
Choice of Milk

Wednesday, December 11

Spaghetti w/ Meat Sauce
and Roll
OR
French Bread Pizza
Green Beans
Glazed Carrots
Caesar Salad
Assorted Fruits
Choice of Milk

Thursday, December 12

Prime Time
Chicken Sandwich
Waffle Potatoes
Lettuce/Tomatoes/Pickles
Squash Casserole
Assorted Fruits
Choice of Milk

Friday, December 13

Beef Tacos
OR
PB&J
Lettuce/Shredded Cheese
Shoe String Potatoes
Salsa & Sour Cream
Corn Chips
Assorted Fruits
Choice of Milk

Monday, December 16

PB&J
OR
Pepperoni Pizza
Steamed Corn
Caesar Salad
Assorted Fruits
Side Kick
Choice of Milk

Tuesday, December 17

Chicken & Rice
Broccoli w/ Cheese Sauce
Sweet Potato Patties
Assorted Fruits
Cinnamon Roll
Choice of Milk



Wednesday, December 18

Manager's Selection

