

# DECEMBER 2024

## LUNCH



**School Information:** Type your school information here.



**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

Grilled cheese  
Tomato soup  
Veggies  
Fruit

2

### TUESDAY

Cheeseburgers  
Fries  
Veggies  
Fruit

3

### WEDNESDAY

Chicken Rice soup  
Breadstick  
Veggies  
Fruit

4

### THURSDAY

Corn dogs  
Fries  
Veggies  
Fruit

5

### FRIDAY

6

Chili  
Cinnamon roll  
Corn  
Fruit

9

BBQ chicken breast  
Cucumber tomato salad  
Fruit

10

Chicken noodle soup  
Cheddar biscuit  
Carrots  
Fruit

11

Pizza  
Garden salad  
Fruit

12

**National Cocoa Day**

13

Italian dunkers  
Chicken apple salad  
Fruit

16

Chicken Pattie on a bun  
Waffle fries  
Broccoli burst salad  
Fruit

17

Taco in a bag  
Refried beans  
Fruit

18

Chicken Parmesan  
Tomato sauce and mozzarella cheese  
Garlic bread  
Green beans  
Fruit

19

20

No School

23

No school

24

Christmas Day

25

No school

26

27

No school

30

No school

31

