



### Happy Holidays



**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

Popcorn Chicken  
Dinner Roll  
Green Beans  
Pineapple Tidbits

4

Cheese Steak on a  
Hoagie Roll  
Oven Baked Fries  
Fresh Fruit

5

Breakfast for Lunch  
French Toast Sticks  
Sausage Patty  
Choice of Fruit Juice

6

Nacho Grande  
Seasoned Meat, Shredded  
Lettuce, Diced Tomato, Cheese  
Black Beans  
Mandarin Oranges

7

Cheese Pizza  
Tossed Salad  
Chilled Peaches

1

Crazy Cheezy Bread  
Garden Salad  
Choice of Fresh Fruit

11

Chicken Patty  
Sweet Corn  
Chilled Pears

12

Grilled Cheese Sandwich  
Cup of Soup  
Potato Smiles  
Mixed Fruit

13

Hamburger/Cheeseburger  
on WGR Roll  
Baked Beans  
Fresh Apple

14

Cheesy Chicken Flatbread  
Carrot Sticks  
with Ranch Dip  
Pineapple Tidbits

15

Mozzarella Sticks  
w/ Marinara Sauce  
Steamed Broccoli  
Cup of Fruit

18

Nacho Grande  
Seasoned Meat, Shredded  
Lettuce, Diced Tomato, Cheese  
Black Beans  
Mandarin Oranges

19

Chicken Tenders  
Dinner Roll  
Oven Baked Fries  
Fresh Apple

20

Pasta with Meat Sauce  
Garlic Bread  
Green Beans  
Chilled Peaches

21

**One Session Day**

22

Winter Recess  
School Closed

25

Winter Recess  
School Closed

26

Winter Recess  
School Closed

27

Winter Recess  
School Closed

28

Winter Recess  
School Closed

29