

December 2020

ST. ELIZABETH R-4

LUNCH



Chocolate and white milk served daily
choice of salad bar is available to grades 3-12. Menus are subject to change.



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

CHICKEN PATTY
BAKED BEANS
APPLESAUCE
BREAD 1

OVEN BAKED CHICKEN
MASHED POTATOES
SALAD
PINEAPPLE
BREAD 2

FRITO PIE
APPLES
CARROT STICK
GRAHAM CRACKERS 3

HOT DOG ON BUN
TATOR TOTS
PEARS
PUDDING 4

SAUSAGE PATTY
PANCAKES
HASHBROWNS
ORANGES 7

TACOS
CORN
PEACHES
GRAHAM CRACKERS 8

HOT HAM AND CHEESE
SPAGETTI AND SAUCE
FRUIT
YOGURT
BROCCOLI 9

SPAGHETTI
BREAD STICKS
SALAD
PEACHES 10

CHEESEBURGER ON BUN
BAKED BEANS
FRESH FRUIT
CARROTS 11

NACHOS AND DIP
CORN
PINEAPPLE
YOGURT 14

PIZZA
SALAD
PEACHES
PUDDING 15

TURKEY
MASHED POTATOES
COLESLAW
FRUIT SALAD
BREAD 16

PULLED PORK ON ON BUN
BAKED BEANS
FRESH FRUIT
BREAD
BROCCOLI 17

CORN DOG
BAKED BEANS
PEARS
COOKIE
CARROT STICKS 18

CHICKEN NOODLE SOUP
GRILLED CHEESE
FRESH FRUIT
BROCCOLI 21

HAM SANDWICH
SUN CHIPS
CARROT STICKS
FRUIT 22

NO SCHOOL TODAY 23

NO SCHOOL TODAY 24

NO SCHOOL TODAY
MERRY CHIRISTMAS 25

NO SCHOOL TODAY 28

NO SCHOOL TODAY 29

NO SCHOOL TODAY 30

NO SCHOOL TODAY 31

