

# December 2018

## ST. ELIZABETH R-4

### LUNCH



**CHOCOLATE AND WHITE MILK ARE SERVED DAILY. CHOICE OF SALAD BAR IS AVAILABLE FOR GRADES 3-12. MENUS ARE SUBJECT TO CHANGE..**



**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

CHICKEN PATTY  
BAKED BEANS  
APPLESAUCE  
CARROT STICKS

3

BBQ PORK ON BUN  
AUGRATIN POTATOES  
GREEN BEANS  
FRUIT JUICE

4

OVEN BAKED CHICKEN  
MASHED POTATOES  
SALAD  
PINEAPPLE  
BREAD

5

CHILI  
CINNAMON ROLLS  
APPLESAUCE  
CRACKERS  
BROCCOLI

6

HOT DOG ON BUN  
TATOR TOTS  
STRAWBERRIES  
NO BAKE COOKIE  
FRESH VEGETABLES

7

SAISAGE PATTY  
PANCAKES  
HASHBROWNS  
ORANGES

10

TACOS  
CORN  
PEACHES  
PUDDING

11

HOT HAM A ND CHEESE  
SPAGHETTI AND SAUCE  
YOGURT CUPS  
CARROT STICKS  
FRUIT

12

TURKEY  
MASHED POTATOES  
SALAD  
GRAPES  
BREAD

13

CHEESEBURGER ON BUN  
BAKED BEANS  
FRESH FRUIT  
JUICE  
BROCCOLI

14

COUNTRY FRIED STEAK  
MASHED POTATOES  
PINEAPPLE  
BROCCOLI  
BREAD

17

PIZZA  
SALAD  
PEACHES  
PUDDING

18

CHICKEN NOODLE SOUP  
GRILED CHEESE  
BROCCOLI  
FRESH FRUIT

19

CORN DOGS  
BAKED BEANS  
STRAWBERRIES  
CARROT STICKS  
COOKIE

20

HAM SANDWICH  
TATOR TOTS  
PEACHES  
BROCCOLI

21

NO SCHOOL TODAY

24

MERRY CHRISTMAS!!!

25

NO SCHOOL TODAY

26

NO SCHOOL TODAY

27

NO SCHOOL TODAY

28

NO SCHOOL TODAY

31



This is an equal opportunity provider.

