

December 2019

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

2

SLOPPY JOE ON BUN
AUGRATIN POTATOES
GREEN BEANS
FRUIT

3

OVEN BAKED CHICKEN
MASHED POTATOES
SALAD
PINEAPPLE
BREAD

4

CHILI
CINNAMON ROLLS
APPLES
CRACKERS
CARROT STICKS

5

HOT DOG ON BUN
TATOR TOTS
STRAWBERRIES
BROCCOLI

6

SAUSAGE PATTY
PANCAKES
HASHBROWNS
ORANGES

9

TACOS
CORN
PEACHES
PUDDING

10

HOT HAM AND CHEESE
SPAGHETTI AND SAUCE
FRUIT AND YOGURT
CARROT STICKS
FRUIT JUICE

11

COUNTRY FRIED STEAK
MASHED POTATOES
SALAD
GRAPES

12

CHEESEBURGER ON BUN
BAKED BEANS
FRESH FRUIT
NO BAKE OATMEAL COOKIE
BROCCOLI

13

PULLED PORK NACHOS
CORN
PINEAPPLE
RICE KRISPY TREAT

16

PIZZA
SALAD
PEACHES
PUDDING

17

CHICKEN NOODLE SOUP
GRILLED CHEESE
BROCCOLI
FRUIT SALAD

18

CORN DOG
BAKED BEANS
FRESH FRUIT
CARROT STICKS
GRAHAM CRACKER

19

HAM SANDWICH
SUN CHIPS
FRUIT CUPS
FRUIT SLUCHY
SALAD

20

NO SCHOOL TODAY

23

NO SCHOOL TODAY

24

MERRY CHRISTMAS!!!
NO SCHOOL TODAY

25

NO SCHOOL TODAY

26

NO SCHOOL TODAY

27

NO SCHOOL TODAY

30

NO SCHOOL TODAY

31

