

DECEMBER 2023

CLARK SCHOOL DISTRICT

LUNCH



All meals are served with a fresh fruit and vegetable bar and milk.
All 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

Creamed Turkey over
Biscuits
Steamed Vegetables

4

Taco Bar

5

Chili
Cinnamon Roll
Steamed Vegetables

6

Chicken Fajita over Rice
Salsa/Queso
Refried Beans

7

Ham Patty/WG Bun
Nachos
Baked Beans

1

Tater Tot Hotdish
Steamed Vegetables
Bread and Butter

11

Chicken Patty
WG Bun
Baked Beans

12

National Cocoa Day
Corn Dogs
Sweet Potato Fries

13

Chicken Alfredo
Steamed Vegetables
Breadstick

14

Christmas Dinner
Beef Sliders
Au Gratin Potatoes

15

Italian Dunkers
Marinara Sauce
Steamed Vegetables

18

Pulled Pork
WG Bun
Potato Salad

19

Walking Tacos
Salsa/Refried Beans

20

**HAVE A WONDERFUL
CHRISTMAS BREAK!**

21

NO SCHOOL

22

**MERRY
CHRISTMAS!**

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29