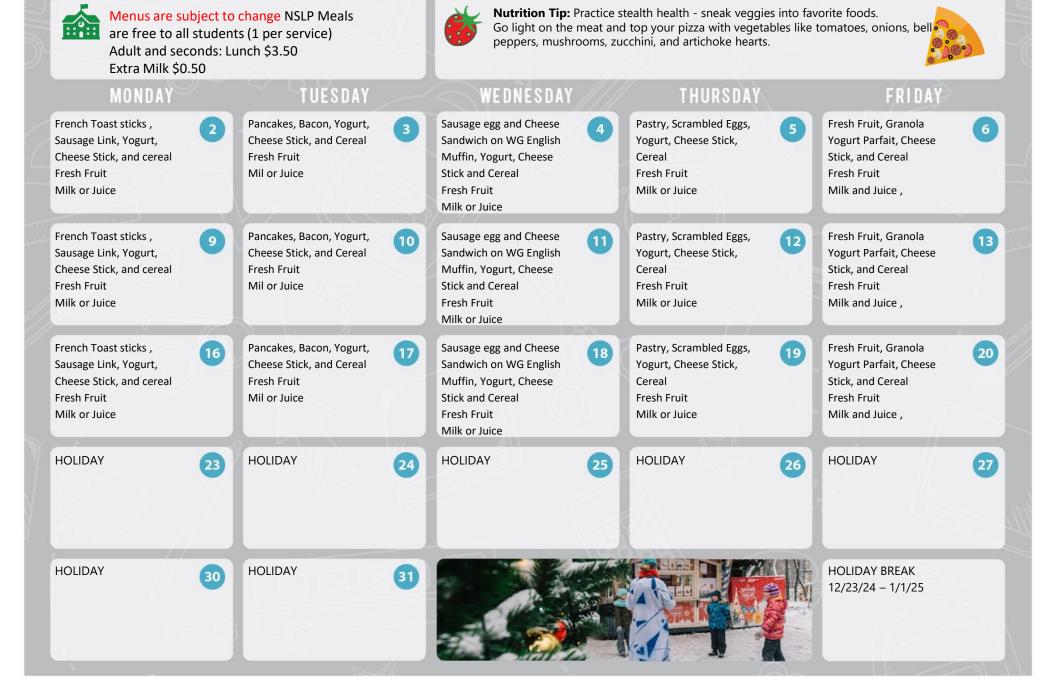
DECEMBER 2024

BREAKFAST



DECEMBER 2024





Menus are subject to change NSLP Meals are free to all students (1 per service) Adult and seconds: Breakfast \$4.95 Extra Milk \$0.50



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY Reference:	USDA MyPlate FRIDAY
Chicken Fajita with Sour Cream and Salsa Mexican Style Rice Fresh Fruit Milk	Plain or Cheeseburger on a WG Bun Potato Wedges Fresh Fruit Milk	Chicken Parmesan over Linguini Green Beans Fresh Fruit Milk	Shepherds Pie WG Biscuit Fresh Fruit milk	Cheese or Pepperoni Pizza Garden Salad Fresh Fruit Milk
Beef Tacos with sour Cream and Salsa Mexican Style Rice Fresh fruit Milk	Corn Dog Potato Wedges Fresh Fruit Mil	Chicken Broccoli Alfredo Mozzarella stuffed breadstick Fresh Fruit Milk	Ham and Cheese Bagel 12 Melts Carrots Fresh Fruit Milk	Cheese or pepperoni Pizza Garden Salad Fresh Fruit Milk
Nachos With Taco Meat Sour Cream & Salsa Mexican Style Rice Fresh Fruit Milk	Chicken Burger on a whole Grain Bun Potato Wedges Fresh Fruit Milk	Chop Suey with Local Beef Garlic Knots Peas Fresh Fruit Milk	Baked Mackenzie Ham With Cheesy Potatoes Carrots Fresh Fruit Milk	Cheese or Peperoni Pizza Garden Salad Fresh Fruit Milk
HOLIDAY 23	HOLIDAY 24	HOLIDAY 25	HOLIDAY 26	HOLIDAY 27
HOLIDAY 30	HOLIDAY 31			HOLIDAY BREAK 12/23/24 – 1/1/25