

# DECEMBER 2024

## BREAKFAST



**Menus are subject to change** NSLP Meals are free to all students (1 per service)  
Adult and seconds: Lunch \$3.50  
Extra Milk \$0.50



**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

French Toast sticks ,  
Sausage Link, Yogurt,  
Cheese Stick, and cereal  
Fresh Fruit  
Milk or Juice

2

### TUESDAY

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice

3

### WEDNESDAY

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice

4

### THURSDAY

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice

5

### FRIDAY

Fresh Fruit, Granola  
Yogurt Parfait, Cheese  
Stick, and Cereal  
Fresh Fruit  
Milk and Juice ,

6

French Toast sticks ,  
Sausage Link, Yogurt,  
Cheese Stick, and cereal  
Fresh Fruit  
Milk or Juice

9

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice

10

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice

11

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice

12

Fresh Fruit, Granola  
Yogurt Parfait, Cheese  
Stick, and Cereal  
Fresh Fruit  
Milk and Juice ,

13

French Toast sticks ,  
Sausage Link, Yogurt,  
Cheese Stick, and cereal  
Fresh Fruit  
Milk or Juice

16

Pancakes, Bacon, Yogurt,  
Cheese Stick, and Cereal  
Fresh Fruit  
Mil or Juice

17

Sausage egg and Cheese  
Sandwich on WG English  
Muffin, Yogurt, Cheese  
Stick and Cereal  
Fresh Fruit  
Milk or Juice

18

Pastry, Scrambled Eggs,  
Yogurt, Cheese Stick,  
Cereal  
Fresh Fruit  
Milk or Juice

19

Fresh Fruit, Granola  
Yogurt Parfait, Cheese  
Stick, and Cereal  
Fresh Fruit  
Milk and Juice ,

20

HOLIDAY

23

HOLIDAY

24

HOLIDAY

25

HOLIDAY

26

HOLIDAY

27

HOLIDAY

30

HOLIDAY

31



HOLIDAY BREAK  
12/23/24 – 1/1/25

# DECEMBER 2024

## LUNCH



**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.



Reference: USDA MyPlate

### MONDAY

**Chicken Fajita with Sour Cream and Salsa**  
**Mexican Style Rice**  
**Fresh Fruit**  
**Milk**

2

### TUESDAY

**Plain or Cheeseburger on a WG Bun**  
**Potato Wedges**  
**Fresh Fruit**  
**Milk**

3

### WEDNESDAY

**Chicken Parmesan over Linguini**  
**Green Beans**  
**Fresh Fruit**  
**Milk**

4

### THURSDAY

**Shepherds Pie**  
**WG Biscuit**  
**Fresh Fruit**  
**milk**

5

### FRIDAY

**Cheese or Pepperoni Pizza**  
**Garden Salad**  
**Fresh Fruit**  
**Milk**

6

**Beef Tacos with sour Cream and Salsa**  
**Mexican Style Rice**  
**Fresh fruit**  
**Milk**

9

**Corn Dog**  
**Potato Wedges**  
**Fresh Fruit**  
**Mil**

10

**Chicken Broccoli Alfredo**  
**Mozzarella stuffed breadstick**  
**Fresh Fruit**  
**Milk**

11

**Ham and Cheese Bagel Melts**  
**Carrots**  
**Fresh Fruit**  
**Milk**

12

**Cheese or pepperoni Pizza**  
**Garden Salad**  
**Fresh Fruit**  
**Milk**

13

**Nachos With Taco Meat**  
**Sour Cream & Salsa**  
**Mexican Style Rice**  
**Fresh Fruit**  
**Milk**

16

**Chicken Burger on a whole Grain Bun**  
**Potato Wedges**  
**Fresh Fruit**  
**Milk**

17

**Chop Suey with Local Beef**  
**Garlic Knots**  
**Peas**  
**Fresh Fruit**  
**Milk**

18

**Baked Mackenzie Ham With Cheesy Potatoes**  
**Carrots**  
**Fresh Fruit**  
**Milk**

19

**Cheese or Peperoni Pizza**  
**Garden Salad**  
**Fresh Fruit**  
**Milk**

20

HOLIDAY

23

HOLIDAY

24

HOLIDAY

25

HOLIDAY

26

HOLIDAY

27

HOLIDAY

30

HOLIDAY

31



HOLIDAY BREAK  
 12/23/24 – 1/1/25