



**December is National Pear Month.** Pears are a top fruit source of fiber, especially when the skin is included. They also provide vitamin C and potassium. Add chopped pears to salads, parfaits, or baked goods like muffins.



# ARCHBISHOP DAMIANO SCHOOL

*Making a difference in the lives of our students*



# LUNCH

## MONDAY

### **Pulled Pork on Wheat Roll**

Baked Beans  
Apple  
Milk

01

## TUESDAY

### **Soft Taco**

Tomatoes, Cheese, Corn  
Mixed Fruits  
Milk

02

## WEDNESDAY

### **BBQ Chicken on Wheat Roll**

Peas  
Pears  
Milk

03

## THURSDAY

### **Macaroni & Cheese**

Stewed Tomatoes  
Peaches  
Milk

04

## FRIDAY

### **Wheat Cheese Pizza**

Green Beans  
Oranges  
Milk

05

### **Italian Meatball on Wheat Roll**

Lima Beans  
Apple Slices  
Milk

08

### **Taco Tuesday**

Hard Taco w/Lettuce, Tomato,  
Cheese, Corn  
Mixed Fruits  
Milk

09

### **Roasted Chicken w/ Wheat roll**

Carrots  
Pineapple Chunks  
Milk

10

### **Sloppy Joe on Wheat Roll**

Spinach  
Fruit Cocktail  
Milk

11

### **Pizza Friday**

Wheat Cheese Pizza  
Green Beans  
Oranges  
Milk

12

### **Turkey & Cheese on Wheat Roll**

Broccoli  
Pears  
Milk

15

### **Nachos w/Ground Beef**

Beans  
Corn  
Peaches  
Milk

16

### **Hot Turkey on Wheat Bread**

Sweet Potatoes  
Applesauce  
Milk

17

### **Cheeseburger on Wheat Roll**

Peas  
Pineapples  
Milk

18

### **Wheat Cheese Pizza**

Green Beans  
Oranges  
Milk

19

### **Roast Beef Sandwich**

Carrots  
Pineapples  
Milk

22

### **Beef & Bean Burrito**

Spinach  
Peaches  
Milk

23

### **School Closed**

24

### **School Closed**

25

### **School Closed**

26

### **School Closed**

29

### **School Closed**

30

### **School Closed**

31



# ARCHBISHOP DAMIANO SCHOOL

# DECEMBER 2025