

MOENCOPI DAY SCHOOL

- 2023 -

DECEMBER LUNCH

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



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: North American Food Service



Adult Lunch \$4.25

Sides \$1.50

Milk \$0.50

This Institution is an equal opportunity.

****MAY SUBJECT TO CHANGE****

4
Beef Taco Pie
Mild Salsa
Black Beans
Fresh Fruit
Assorted Milk

5
Buffalo Chicken Wrap
Steamed Corn
Melon Bowl
Assorted Milk

6
Chicken Tomato Bake
Steamed Broccoli
Diced Pears
Assorted Milk

7
Harvest Stew
WG Fry Bread
Potato Wedges
Celery Sticks
Sliced Peaches
Assorted Milk

8
Cheese Pizza
Romaine Salad
Lite Ranch Dressing
California Vegetables
Fresh Fruit

11
Chicken Bowl
Fresh Fruit
Assorted Milk

12
Lamb Stew
WG Fry Bread
Romaine Salad
Lite Ranch Dressing
Cherry Pears
Assorted Milk

13
Macaroni & Cheese
Dinner Roll
Steamed Carrots
Zucchini Squash
Strawberries
Assorted Milk

14
Grilled Chicken Sandwich
Lettuce & Tomato
Ketchup/Mustard/Mayo
aise
Cole Slaw
Sweet Potato Fries
Fresh Fruit
Assorted Milk

15
Meatloaf
Garlic Toast
Steamed Corn
Pinto Beans
Sidekicks
Assorted Milk

18
Turkey Cheese Sub
Ketchup/Mustard/Mayonnaise
Steamed Corn
Diced Pears
Assorted Milk

19
BBQ Chicken Breast
Mash Potatoes
Steamed Broccoli
Melon Bowl
Assorted Milk

20
Bean & Cheese Burrito
Mild Salsa
Black Beans
Fresh Fruit
Assorted Milk

21
SACK LUNCH
Ham sandwich
Cheese/Lettuce/Tomato
Mayo/Mustard
Chips
Baby Carrots
Pineapple Tidbits
Assorted Milk

22
Chicken Patty Sandwich
Ketchup/Mustard/Mayonnaise
Romaine Salad
Lite Ranch Dressing
Green Beans
Cantaloupe
Assorted Milk

