

DECEMBER 2023

ARCHBISHOP DAMIANO SCHOOL

LUNCH



Bringing our community together through diverse, nutritious, and delicious food choices.



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

Pulled Pork On
Wheat Roll
Baked Beans
Apple
Milk

4

Macaroni & Beef
Spinach
Mixed Fruit
Milk

5

BBQ Chicken On
Wheat Roll
Peas
Pears
Milk

6

Macaroni & Cheese
Stewed Tomatoes
Peaches
Milk

7

Wheat Cheese Pizza
Green Beans
Oranges
Milk

8

Chicken Stir-Fry With
Wheat Roll
Spinach
Pears
Milk

11

Italian Meatball On
Wheat Roll
Lima Beans
Apple Slices
Milk

12

Roasted Chicken With
Wheat Roll
Carrots
Pineapple Chunks
Milk

13

Sloppy Joe On
Wheat Roll
Corn
Fruit Cocktail
Milk

14

Wheat Cheese Pizza
Green Beans
Oranges
Milk

15

Turkey & Cheese On
Wheat roll
Broccoli
Pears
Milk

18

Chili With Wheat Roll
Carrots
Peaches
Milk

19

Hot Turkey On
Wheat Bread
Sweet Potatoes
Applesauce
Milk

20

Cheeseburger On
Wheat Roll
Peas
Pineapples
Milk

21

Wheat Cheese Pizza
Green Beans
Oranges
Milk

22

25

HOLIDAY - CLOSED

26

WINTER BREAK -
CLOSED



27



28



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