

# DECEMBER 2023

## CLARK SCHOOL DISTRICT

### LUNCH



All meals are served with a fresh fruit and vegetable bar and milk.  
All menus are subject to change.



**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



Creamed Turkey over Biscuits  
Steamed Vegetables

4

Taco Bar

5

Chili  
Cinnamon Roll  
Steamed Vegetables

6

Chicken Fajita over Rice  
Salsa/Queso  
Refried Beans

7

Ham Patty/WG Bun  
Nachos  
Baked Beans

1

Tater Tot Hotdish  
Steamed Vegetables  
Bread and Butter

11

Chicken Patty  
WG Bun  
Baked Beans

12

**National Cocoa Day**  
Corn Dogs  
Sweet Potato Fries

13

Chicken Alfredo  
Steamed Vegetables  
Breadstick

14

**Christmas Dinner**  
Beef Sliders  
Au Gratin Potatoes

15

Italian Dunkers  
Marinara Sauce  
Steamed Vegetables

18

Pulled Pork  
WG Bun  
Potato Salad

19

Walking Tacos  
Salsa/Refried Beans

20

**HAVE A WONDERFUL CHRISTMAS BREAK!**

21

NO SCHOOL

22

**MERRY CHRISTMAS!**

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29