



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.
This institution is an equal opportunity provider and employer



Monday

Tuesday

Wednesday

Thursday

Friday

1

HAPPY NEW YEAR

2

HAPPY HOLIDAYS

3

HAPPY HOLIDAYS

4

HAPPY HOLIDAYS

5

HAPPY HOLIDAYS

8

HAPPY HOLIDAYS

9

1)Chicken Nuggets/Roll
 2)Pizza
 Mashed Potatoes/Gravy
 Lima Beans
 Fruit

10

1)Chef Salad/Crackers
 2)Taco Soup
 3)Turkey Wrap
 Steamed Broccoli/Side
 Salad/Fruit

11

1)Chef Salad/Crackers
 2)Stromboli Hot Pocket
 3)Ham & Cheese Sub
 Green Peas/Carrots/Gelatin
 Fruit

12

1)Chef Salad/Crackers
 2)Chili Cheese Corn Chips
 F.F/Raw Veggies
 Fruit

15

Winter Break

16

1)Broccoli Soup/Bread
 Bowl
 2)Grilled Chicken Sandwich
 Carrots/Cucumber Salad
 Fruit

17

1)Chef Salad/Crackers
 2)Country Steak w/gravy
 3) Turkey Sub
 Rice/ Peas/Tossed Salad
 Roll/ Fruit Crisp

18

1)Chef Salad/Crackers
 2)Stuffed Crust Pizza
 3)Hamburger
 Corn/Side Salad
 Fruit/Juice

19

1)Chef Salad/Crackers
 2)Spicy Chicken Sandwich
 3)Pep Pizza
 F.F/Raw Veggies
 Fruit/Juice

22

1)Mandarin Chicken
 Fried Rice/Roll
 2)Cheeseburger
 California Veggies
 Green Peas/Fruit/Juice

23

1)Steak Fingers/Roll
 2)Grilled Chicken Sandwich
 Rice-Gravy/Green Beans
 Carrots/Fruit/Juice

24

1)Chef Salad/Crackers
 2)Spaghetti/Cheesy Bread
 3) Hot Ham & Cheese Sub
 Lima Beans/Steamed
 Broccoli/Fruit/Juice

25

1)Chef Salad/Crackers
 2)Mexican Pizza
 3)BBQ Rib Sub
 Mixed Veggies/Side Salad
 Fruit/ Juice

26

1)Chef Salad/Crackers
 2)Grilled Cheese Sandwich
 3) Chicken Noodle Soup
 F.F/Carrots/Fruit/Juice

29

1)Chicken Nuggets/Roll
 2)Quesadillas
 Mashed Potatoes
 Blackeyed Peas
 Fruit/Juice

30

1)Corn Dog Nuggets
 2)Grilled Chicken Sandwich
 Baked Beans/Mixed Veggies
 Fruit/Juice

31

1)Chef Salad/Crackers
 2)Nacho Grande
 3)Stuff Crust Pizza
 Corn/Side Salad/Fruit/Juice

