

# December 2018

## Elementary School



**Nondiscrimination Statement:** This institution is an equal opportunity employer.



**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.



### Monday

Chicken Quesadilla **3**  
 Black Bean Salsa  
 Buffalo Roasted Cauliflower  
 Kiwi  
 Milk  
 Chocolate Chip Cookie

### Tuesday

Nachos **4**  
 Spinach Salad  
 Refried Beans  
 Mandarin Oranges  
 Milk

### Wednesday

Turkey w/ Stuffing **5**  
 Sweet Potatoes  
 Roasted Corn  
 Apple Slices  
 Milk  
 Pumpkin Pie

### Thursday

Honey Glazed Ham w/ roll **6**  
 Green Beans  
 Mashed Potatoes  
 Applesauce  
 Milk  
 Brownie

### Friday

Hamburger w/ Trimmings **7**  
 Sweet Potato Fries  
 Broccoli Salad  
 Mixed Fruit  
 Milk

Bagel w/ Vegetable Soup **10**  
 Veggies w/ Dip  
 Apple Slices  
 Milk  
 Strawberry Parfait

Stromboli **11**  
 Broccoli  
 French Fries  
 Mixed Fruit Cup  
 Milk  
 Rice Krispy Treat

Hot Dog or Corndog **12**  
 Carrots w/ Dip  
 Baked Beans  
 Pineapple  
 Milk

Popcorn Chicken **13**  
 Roll  
 Chili Roasted Sweet Potatoes  
 Lima Beans  
 Grapes  
 Milk

Chili Three Way **14**  
 Kale Chips  
 Oven Roasted Corn  
 Fruit Salad  
 Milk

Pizza **17**  
 French Fries  
 Spinach Salad  
 Fruit Mix  
 Milk

Chicken Tenders **18**  
 Corn Bread  
 Savory Carrots  
 Green Beans  
 Apple Slices  
 Milk

Grilled Cheese **19**  
 Tomato Soup  
 Tater Tots  
 Side Kick  
 Milk

**No School** **20**

**No School** **21**

**24**

**25**

**26**

**27**

**28**

**31**

