

DECEMBER 2021

LYERLY ELEMENTARY SCHOOL

LUNCH



Cafeteria Manager: Jessica Cabe

Menu is subject to change, without notice, due to availability of products.



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.



This institution is an equal opportunity provider.

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pizza OR Spaghetti
Side Salad
Broccoli w/ cheese
Fruit
Choice of Milk

6

Chicken Soft Taco OR
Burrito
Refried Beans
Corn
Fruit & Choice of Milk

7

Manager's Choice
Fruit
Choice of Milk

8

Chicken Alfredo OR
Beef Stew w/ Crackers
Cucumber Salad
Okra
Fruit & Choice of Milk

2

Chili w/ Crackers OR
Hotdog
Fries
Veggie Cup
Fruit & Choice of Milk

3

Chicken Nuggets w/ Roll OR
Steak Nuggets w/ Roll
Mac & Cheese
Veggie Cup
Fruit & Choice of Milk

13

Soft Taco OR
Chicken Fajita
Refried Beans
Lettuce/Tomato
Fruit & Choice of Milk

14

CHRISTMAS DINNER
Ham & Roll OR
Chicken Sandwich
Green Beans/Corn/Potatoes
Dessert/Fruit & Choice of Milk

15

PB&J W/ string cheese OR
Grilled Cheese Sandwich
Veggie Sticks
Chips
Fruit & Choice of Milk

16

Chicken Sandwich OR
Hamburger
Lettuce/Tomato/Pickle
Fries & Baked Beans
Fruit & Choice of Milk

10

TEACHER WORKDAY

17

20

CHRISTMAS BREAK

21

CHRISTMAS BREAK

22

CHRISTMAS BREAK

23

CHRISTMAS BREAK

24

CHRISTMAS BREAK

27

CHRISTMAS BREAK

28

CHRISTMAS BREAK

29

CHRISTMAS BREAK

30

CHRISTMAS BREAK

31

CHRISTMAS BREAK