



Cafeteria Manager: Patricia Bentley

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**

Mini Corndog OR Shrimp w/ hushpuppies Slaw
Baked Beans
Fruit & Choice of Milk **1**

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**

Manager's Choice
Fruit
Choice of Milk **8**

Chicken Tenders w/ Roll OR Steak Sliders
Mac & Cheese
Veggie Cup
Fruit & Choice of Milk **9**

Chicken Sandwich OR Hamburger
Lettuce/Tomato/Pickle
Fries & Baked Beans
Fruit & Choice of Milk **10**

CHRISTMAS DINNER **15**
Ham & Roll OR Chicken Sandwich
Green Beans/Corn/Potatoes
Dessert/Fruit & Choice of Milk

PB&J W/ string cheese OR Grilled Cheese Sandwich
Veggie Sticks
Chips
Fruit & Choice of Milk **16**

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