



**What Makes a Meal?** Select 3-5 parts: Fruits, Grains, Vegetables, Protein, and Dairy. One part **MUST** be a fruit or a Vegetable.



**Fitness Tip:** Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**1**

**No School  
Christmas Vacation**

**2**

**No School  
Snow Make Up Day**

**3**

Corndog  
Green Beans  
Fruit  
Cookie  
100% Juice  
Milk

**4**

**National Spaghetti Day!**  
Spaghetti & Meat Sauce  
Garlic Bread  
Caesar Salad  
Fresh Fruit  
100% Juice  
Milk

**5**

Cheese Bosco Sticks  
Marinara Sauce  
Green Beans  
Fruit  
100% Juice  
Milk

**8**

Country Fried Steak  
Dinner Roll  
Mashed Potatoes & Gravy  
Corn  
Fruit  
100% Juice  
Milk

**9**

Chicken Noodle Soup  
Grilled Cheese Sandwich  
Baby Carrots & Dip  
Fruit  
100% Juice  
Milk

**10**

Grilled Chicken on Bun  
Baked Beans  
Baked Lays  
Fruit  
100% Juice  
Milk

**11**

Beef Ravioli  
Garlic Bread  
Steamed Broccoli  
Fruit  
100% Juice  
Milk

**12**

Hot Ham & Cheese  
Sandwich  
Green Beans  
Fruit  
Cookie  
100% Juice  
Milk

**15**

Chicken Patty on Bun  
Baked Beans  
Sweet Potato Bites  
Fruit  
100% Juice  
Milk

**16**

Cheeseburger Mac  
Dinner Roll  
Peas  
Fruit  
100% Juice  
Milk

**17**

Deep Dish Pizza  
Green Beans  
Fruit  
100% Juice  
Milk

**18**

Chicken Fajitas  
Caesar Salad  
Fruit  
100% Juice  
Brownie  
Milk

**19**

Bacon Cheeseburger  
Fries  
Fresh Fruit  
100% Juice  
Milk

**22**

**No School  
Staff Inservice Day**

**23**

Chicken Nuggets  
Dinner Roll  
Scalloped Potatoes  
Fruit  
100% Juice  
Milk

**24**

Chicken Quesadilla  
Salsa  
Broccoli & Cheese  
Fruit  
100% Juice  
Milk

**25**

Chili Soup w/ Crackers  
PB&J Sandwich  
Baby Carrots & Dip  
Fruit  
100% Juice  
Milk

**26**

Chili Dog  
Baked Beans  
Green Beans  
Fruit  
100% Juice  
Milk

**29**

Biscuit & Gravy  
Sausage Links  
Tater Tots  
Fruit  
100% Juice  
Milk

**30**

Rattlesnake Bowl  
Seasoned Black Beans  
Corn  
Fresh Fruit  
100% Juice  
Milk

**31**

Pizza Calzone  
Marinara Sauce  
Steamed Broccoli  
Fruit  
100% Juice  
Milk

