



**Meal Prices--Students--\$2.65
Adults--\$3.70**

This institution is an equal opportunity provider.



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



Tuesday

Choice of Salad Bar available at Middle and High School daily.
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Menus subject to change without notice.

## Wednesday



## Thursday

## Friday

4  
Tavern/Bun  
Sweet Potato Fries  
Coleslaw  
Bananas  
Milk

5  
Tuna Noodles  
Peas/Mixed Vegetables  
Dinner Roll  
Peaches  
Milk

6  
Hamburger/Bun  
French Fries  
Baked Beans  
Pears  
Milk

7  
Chicken, Chili, Veg. Soup  
Carrots/Celery  
Warm Apple Slices  
Milk

8  
Stuffed Crust Pizza  
Lettuce Salad  
Carrots/Celery  
Pineapple  
Milk

11  
French Toast Sticks  
Smokies  
Hashbrowns  
Carrot Sticks  
Bananas/Milk

12  
Orange Chicken  
Broccoli/Carrots  
Rice  
Pineapple  
Milk

13  
Corn Dog  
Ranch Wedges  
Baked Beans  
Peaches  
Milk

14  
Taco in a Bag/Hardshell  
Lettuce, Tomato, Cheese  
Refried Beans/Corn  
Mixed Fruit  
Milk

15  
Double Stuffed Pizza  
Lettuce Salad  
Carrots/Celery  
Pears  
Milk

18  
Christmas Nuggets  
Whipped Potatoes/Gravy  
Green Beans  
Bananas  
Milk

19  
Stromboli  
Broccoli/Carrots  
Sidekicks  
Milk

20  
Lil Bites—Nacho Smiles  
Carrot Sticks  
Peaches  
Milk

21  
Baked Potato w/Chili/Cheese  
California Mix/Green Beans  
Mixed Fruit  
Milk

22  
Hot Dog/Bun  
Baked Lays  
Baked Beans/Carrot Sticks  
Applesauce  
Milk

25  
**MERRY CHRISTMAS**



27

28

29