

DECEMBER 2022

Christ The King



**Lunch 3.60 includes milk 2nds(7&8) \$1.65-
\$2.00 Milk, Juice, Water \$.50
Cinnamon roll \$.65 Cookie \$.50**



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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5
Chicken Nuggets
Mashed Potatoes w/ Gravy
Green Beans
Pears

6
Hard Taco
Lettuce/Cheese
Corn
Peaches

7
Chicken Noodle Soup
Crackers
Carrot/Celery
Pineapple
Cinnamon Roll

1
Hamburger
French Fries
Fresh Carrots
Pears

2
Grilled Chicken w/ Bun
Sweet Potato Fries
Carrot/Celery
Apples

12
Biscuits and Sausage Gravy
Scrambled Egg
Tator Tots
Grapes

13
Chili w/ Cheese Cup
Crackers
Carrot and Celery
Pears

14
Turkey and Gravy
Mashed Potatoes
Green Beans
Peaches
Cookie

8
Corn Dog
Tator Tots
Celery
Applesauce

9
Pulled Pork
Macaroni & Cheese
Fresh Carrots
Banana

15
Lasagna
Bread stick
Romaine Salad
Applesauce

16
Orange Chicken w/ Rice
Broccoli
Fresh Carrot
Pineapple

19
French Toast Sticks
Sausage
Tator Tots
Orange

20
Cheese Pizza
Romaine Salad
Zucchini
Applesauce
Christmas Cookie

21
NO SCHOOL

22
NO SCHOOL

23
NO SCHOOL

26
NO SCHOOL

27
NO SCHOOL

28
NO SCHOOL

29
NO SCHOOL

30
NO SCHOOL