



PreK-3: 11:00-11:30
 PreK-4: 11:05-11:35
 Kinder: 11:10-11:40
 1st Grade: 11:15-11:45

2nd Grade: 11:20-11:50
 3rd Grade: 11:25-11:55
 4th Grade: 11:35-12:05
 5th Grade: 11:40-12:10



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.

Reference: USDA MyPlate



Monday



Tuesday

Wednesday

Thursday

Friday

Tamales
 Spanish Rice
 Chips/Salsa
 Dessert
 Milk

Steak Fingers
 Potatoes w/ Gravy
 Cooked Carrots
 Fruit
 Milk

Fish Sticks
 Garlic Pasta
 Black Eyed Peas
 Dessert
 Milk

Tomato Soup
 Grilled Cheese
 Pickles
 Fruit
 Milk

Ham/Cheese Wrap
 Salad
 Chips
 Fruit
 Milk

Beef Taquitos
 Pinto Beans
 Spanish Rice
 Cheese Sauce / Dessert
 Milk

Sausage w/ Cabbage
 Buttered Potatoes
 Corn Bread
 Fruit
 Milk

Chicken Noodle Soup
 Salad
 Crackers
 Dessert
 Milk

Pepperoni Pizza on
 Texas Toast
 Corn
 Cucumbers / Fruit
 Milk

Corn Dogs
 Pork n Beans
 French Fries
 Fruit
 Milk

Tacos
 Salad
 Refried Beans
 Dessert
 Milk

Breaded Chicken Patty
 Rice/Gravy
 Corn
 Fruit
 Milk

Zoo Nuggets
 Mac n Cheese
 Sweet Peas
 Dessert
 Milk

Sub Sandwich
 Chips
 Pickle Spear
 Fruit
 Milk

Christmas Break!

Christmas Break!

