



NUTRITION TO GO
 Throughout the year (and especially during the holidays) try to make sure your family meals start with high-fiber and low-calorie raw veggies, salad, or broth-based soup. You'll feel fuller and eat less of the heavier, less healthy stuff for dinner. All of these things take some time to eat, too, giving your stomach time to catch up to your eyes!

A QUICK BITE FOR PARENTS

Monday, December 16

Breakfast
 Sausage Biscuit*

Lunch
 -Pepperoni Pizza*
 -Hot Dog on Bun
 -Popcorn Chicken Salad & Bosco Stick
 -Deli Sandwich
 Seasoned Carrots
 Chilled Pears
 Cold Milk

Tuesday, December 17

Breakfast
 Yogurt Parfait & Nutri-Grain Bar

Lunch
 -Chicken Strips & Mini Waffles
 -BBQ Ribette Sandwich*
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Steamed Broccoli
 Chilled Applesauce
 Cold Milk

Wednesday, December 18

Breakfast
 Cheesy Scrambled Eggs & Biscuit

Lunch
 -Cheeseburger
 -Sub Sandwich
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Emoji Potatoes
 Jolly Frozen Juice Cup
 Cold Milk

Thursday, December 19

Breakfast
 Cinnamon Cream Cheese Bagel

Holiday Lunch
 -Spaghetti & Meatballs * with Bosco Stick
 -Hot Ham & Cheese Sandwich
 -Italian Salad & Bosco Stick*
 -Deli Sandwich
 Green Beans
 Chilled Peaches
 Holiday Cookie
 Cold Milk

Friday, December 20

Breakfast
 Pancake Sausage Sandwich*

Lunch
 -Soft Chicken Tacos
 -Toasted Cheese Sandwich
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Rancho Beans
 Mixed Fruit
 Cold Milk



SEE YOU IN

2025

HAPPY NEW YEAR!

Last day of school:
 Friday, December 20

Classes resume:
 Tuesday, January 7