



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
Ranchero Beans
Mixed Fruit
Cold Milk



SEE YOU IN

2025

HAPPY NEW YEAR!

Last day of school:
Friday, December 20

Classes resume:
Tuesday, January 7