



**Washing your hands**

is by far the easiest way to keep from getting sick. Germs that cause illnesses can enter your body when you touch your eyes, nose, or mouth with dirty hands. Cleaning your hands also reduces the risk of passing germs on to your friends. So, get your hands wet and soapy to stay healthy!



**Friday, December 1**

Mini Waffles,  
Dried Cherries, Milk

Roasted Chicken & Roll  
OR Pan Pizza  
Mashed Potatoes (1/4 c) Gravy  
Melon (1/4 c)  
Milk

**Monday, December 4**

Banana Bread,  
Pineapple (1/2 c), Milk

Chicken Nuggets (4) &  
Breadstick  
OR Hummus & Flatbread  
Corn (1/4 c)  
Strawberry Cup (1/2 ea)  
Milk

**Tuesday, December 5**

Rice Chex,  
Dried Cherries, Milk

Toasted Turkey Sub OR  
Grilled Cheese Sandwich  
Corn Chips  
Cucumber Slices (1/4 c)  
Apple Slices (1/2 pk)  
Milk

**Wed., December 6**

Cinnamon Toast Crunch,  
Banana, Milk

Cheeseburger OR  
Impossible Burger  
French Fries (1/4 c)  
Melon (1/4 c)  
Milk

**Thursday, December 7**

Blueberry Muffin,  
Applesauce, Milk

Cheesy Lasagna  
Bread Stick (1/2 ea)  
Roasted Zucchini (1/4 c)  
Pineapple (1/4 c)  
Milk

**Friday, December 8**

Mini French Toast,  
Apple Juice, Milk

French Bread Pizza  
Sweet Potato Fries (1/4 c)  
Orange Slices (1/2 ea)  
Milk

**Monday, December 11**

Banana Bread,  
Apple Juice, Milk

Popcorn Chicken (1/2 c) & Roll  
OR Yogurt Parfait & Granola  
Peas (1/4 c)  
Mandarin Oranges (1/4 c)  
Milk

**Tuesday, December 12**

Yogurt,  
Berries, Milk

Hot Dog OR  
Fish Sticks (3) & Roll  
Baked Beans (1/4c)  
Apple Slices (1/2 pkg)  
Milk

**Wed., December 13**

Cheerios, Banana,  
Milk

Big Daddy's Pizza  
Baby Carrots (1/4 c)  
Peaches (1/4 c)  
Milk

**Thursday, December 14**

Cinnamon Rice Chex,  
Dried Cherries, Milk

Italian Dunkers (3+1)  
Broccoli & Tomatoes (1/4 c)  
Applesauce (1/4 c)  
Milk

**Friday, December 15**

Mini Waffles,  
Pineapple, Milk

Pasta (1/2 c) & Meatballs (3)  
OR Pasta & String Cheese (2)  
Pepper Strips (1/4 c)  
Melon (1/4 c)  
Milk

**Monday, December 18**

Banana Bread,  
Applesauce, Milk

Chicken Nuggets (4) & Pretzel  
OR Cheese Sticks (3) & Pretzel  
Green Beans (1/4 c)  
Peaches (1/4 c)  
Milk

**Tuesday, December 19**

Cinnamon Toast Crunch,  
Banana, Milk

Grilled Cheese Sandwich  
Tomato Soup (1/2 c)  
Pears (1/4 c)  
Goldfish Crackers  
Milk

**Wed., December 20**

Blueberry Muffin,  
Juice, Milk

Pizza Munchie Lunch  
Cucumber Slices (1/4 c)  
Strawberry Cup (1/2 ea)  
Cookie  
Milk

**Thursday, December 21**

Yogurt (4 oz), Peaches,  
Milk

Fish Sticks(2) w/  
Mac & Cheese (1/2c)  
Baby Carrots (1/4 c)  
Orange Slices (1/2 ea)  
Milk

**No School Today**

**Enjoy the break!**

**Classes resume  
on Tuesday,  
January 2, 2024.**

