

DECEMBER 2021

Our Lady of the Lake Catholic School

LUNCH



Lunch prices are \$3.10 per day
\$.40 for extra milk
Milk choices are skim, 1%, and chocolate
"This institution is an equal opportunity provider."



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

Spaghetti 1
Garden Salad
Sliced Pears
Breadstick

Chicken Patty Sandwich 2
Coleslaw
Baby Carrots
Sliced Peaches

Pepperoni Pizza 3
Green Beans
Broccoli
Mandarin Oranges

Baked Ziti 6
Corn
Breadstick
Mixed Fruit
Cauliflower

Beef Nachos 7
Mixed Vegetables
Apple

Hot Dog 8
Baked Beans
Coleslaw
Oranges

Grilled Cheese Sandwich 9
Tomato Soup
Applesauce
Broccoli

Chicken Pot Pie 10
Biscuit
Baby Carrots
Banana, Apple or Orange

Beef Stroganoff 13
Green Beans
Sliced Peaches

Walking Taco 14
Corn
Black Beans
Sliced Pears

Chicken Nuggets 15
Fries
Baby Carrots
Orange

Cheeseburger 16
Corn on the Cob
Caesar Salad
Applesauce

BBQ Pork Sandwich 17
Coleslaw
Celery
Mixed Fruit

Macaroni and Cheese 20
Green Peas
Cucumbers
Sliced Peaches

Corn Dog 21
Sweet Potato Fries
Apple Slices
Broccoli Parm

Honey-Glazed Ham 22
Pineapple
Mashed Potato
Green Beans, Stuffing
Dessert

No School 23

HAVE 24
A

MERRY 27

CHRISTMAS 29

AND A 29
VERY

HAPPY 30

NEW 31
YEAR