

December 2017

EVERGREEN K-8TH

LUNCH



Be sure to grab your milk...we offer 3 choices!!



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday



Thursday

Friday

Mac & Cheese w/ **4**
Meatballs/Bread Sticks
Green Peppers
Broccoli & Cauliflower
Peach cups

PB & J Sandwich or **5**
Soft Pretzel w/ Nacho
Cheese/ Cheese Sticks
Green Beans or Carrots
Fruit & Rainbow Sherbet

Chicken snack wrap **6**
w/ Tomato
Raspberry churros
Sweet Potato Fries
Fruit

Taco Salad **7**
Refried Beans
Rice
Fruit
Salsa

Chili Cheese Wrap **1**
Rice
Black Beans or Corn
Fruit

Hamburgers w/ **8**
Cheese, tomato, lettuce
Jo Jo's
Fruit

Spaghetti w/ **11**
Italian Dippers
Peas or Sliced
cucumbers
Fruit

Ham & Cheese **12**
Sandwich w/ Chicken
Rice Soup
Corn
Fruit

Sloppy Joe on WG **13**
Bun w/ Baked Beans
Or Fresh Broccoli &
Ranch
Fruit

Chicken Salad w/ **14**
Pita or Fish Sandwich
Baby Bakers or Carrots
Fruit

Pizza or PB & J **15**
Tossed Salas w/
dressings or Cherry
Tomatoes
Fruit

Cheesy Chili & Fries **18**
Roll w/ Honey
Green Beans
Fruit

Chicken Fajitas **19**
Rice/ Black Beans or
Green Peppers
Strawberry cups

Brunch for Lunch: **20**
French Toast w/ toppings
Sausages/ Hash Browns
Or Corn
Juice

Chicken Tetrzzini **21**
Tossed Salad w/
dressings or Carrots
Fruit
Holiday Cookie

22
NO SCHOOL!!!

25
CHRISTMAS!!!

26
NO SCHOOL!!!

27
NO SCHOOL!!!

28
NO SCHOOL!!!

29
NO SCHOOL!!!