

December 2017

Lisbon Grade School

LUNCH



Choice of Low Fat White, Fat Free White or Fat Free Chocolate Milk served daily.

Fruit Juice and Desserts served on occasion.



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



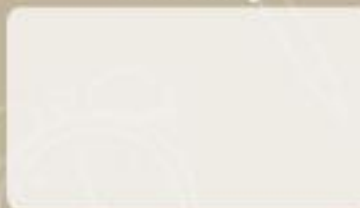
Tuesday



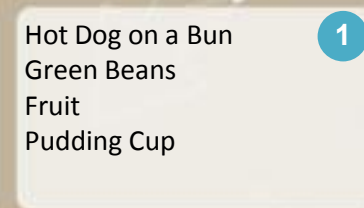
Wednesday



Thursday



Friday



Beef Tacos
Nacho Chips
Salsa/Sour Cream
Carrots
Fruit

4

Hot Turkey
Mashed Potatoes & Gravy
Texas Toast
Fruit
Fruit Snacks

5

Grilled Chicken Caesar
Salad
Green Beans
Fruit
Jell-O Cup

6

Beef Chili
Cheese/Sour Cream
Corn Bread
Corn
Fruit

7

Chicken Patty on a Bun
Baked Beans
Fruit
Brownie

8

Double Stuffed Pizza
Green Beans
Fruit
Pudding Cup

11

Mini Corn Dogs
Nacho Chips/Cheese Sauce
Corn
Fruit

12

Cheese Quesadilla
Salsa/Sour Cream
Lettuce Salad & Dressing
Fruit

13

Chicken Nuggets
Baked Beans
Fruit
Rice Krispy Treat

14

Hot Dog on a Bun
Doritos
Fruit
Jell-O Cup
(sack lunch)

15

Salisbury Steak
Mashed Potatoes/Gravy
Fruit
Rice Krispy Treat

18

Corn Dogs
Baked Beans
Fruit
Cookie
(sack lunch)

19

Pretzels
Cheese Sauce
Green Beans
Fruit

20

BBQ on a Bun
Lettuce Salad & Dressing
Fruit
Fruit Snacks

21

Chicken Tenders
Green Beans
Fruit
Jell-O Cup

22

No
School

25

No
School

26

No
School

27

No
School

28

No
School

29