

December 2018

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

Chicken Cordon Bleu
Buttered Noodles
Green Beans
Fruit

3

Double Stuffed Pizza
Raw Carrots & Ranch
Fruit
Granola Bar

4

Hot Ham & Cheese
on a Bun
Potato Smiles
Fruit, Fruit Snacks

5

Corn Dog
Baked Beans
Fruit
Pudding Cup

6

Beef Tacos
Nacho Chips, Salsa
Cheese, Sour Cream
Carrots, Fruit

7

French Toast Sticks
Sausage Patty
Tator Tots
Fruit, Orange Juice

10

Hot Dog on a Bun
Baked Beans
Fruit
Jell-O Cup

11

Chicken Nuggets
Raw Carrots & Ranch
Fruit
Cookie

12

Pork Riblet on a Bun
Corn
Fruit
Brownie

13

Spaghetti w/
Meat Marinara
Green Beans
Fruit, Fruit Snacks

14

Orange Chicken
Rice
Carrots
Fruit, Treat

17

Meatball Sandwich w/
Marinara
Peas
Fruit, Cookie

18

Chicken Patty on a Bun
Potato Smiles
Fruit
Pudding Cup

19

Mini Corn Dogs
Nacho Chips & Cheese
Green Beans
Fruit

20

Hamburger or
Cheeseburger on a Bun
Baked Beans
Fruit, Jell-O Cup

21

No
School

24

No
School

25

No
School

26

No
School

27

No
School

28

No
School

31

