

DECEMBER 2022

Lisbon Grade School

LUNCH



Choice of Low Fat milk and Fat Free Chocolate milk served daily.



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



Spaghetti w/ sauce
Peas
Applesauce
Cheese Stick

5

TUESDAY

Soft Shell Beef
Taco (sour cream, cheese, salsa)
Corn
Peaches, Pudding Cup

6

WEDNESDAY



Sweet & Sour Chicken
Rice, Broccoli
Frozen Strawberries
Cranberries

7

THURSDAY

Cheese Quesadilla
Carrots
Pears
Rice Krispy Treat

1

Breakfast Burrito
Tater Tots
Blueberries
Fruit By The Foot

8

FRIDAY

BBQ Pork on Bun
Peas
Frozen Strawberries
Cookie

2

Hot Ham & Cheese on Bun
Raw Carrots
Chips
Apple
Fruit Snack

9

SLD

Popcorn Chicken
Salad
Mixed Fruit
Cookie

12

Biscuit & Gravy
Hashbrown Patty
Blueberries
Fruit Snacks

13

BBQ Beef on Bun
Baked Beans
Peaches
Rice Krispy Treat

14

Hot Dog on Bun
Raw Carrots
Chips
Frozen Apricots
Jell-O Cup

15

SLD

Pepperoni Pizza Rolls
Green Beans
Applesauce
Gogurt

16

Lasagna Roll Up
Green Beans
Peaches
Graham Snack

19

Soft Shell Pork Taco
Corn
Applesauce
Granola Bar

20

Chicken Patty on Bun
Potato Smiles
Frozen Mixed Fruit
Pudding Cup

21

NO SCHOOL

22

NO SCHOOL

23

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29

NO SCHOOL

30