

# DECEMBER 2024

# LISBON GRADE SCHOOL

## LUNCH



**Choice of Low-Fat White 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.



Reference: USDA MyPlate

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Biscuit & Gravy  
Hash Brown Patty  
Blueberries  
Graham Snack

2

Soft Shell Chicken  
Taco  
Corn  
Applesauce  
Cookie

3

BBQ Pulled Pork on Bun  
Green Beans  
Peaches  
Pudding Cup

4

Buttered Noodles  
Carrots  
Pears  
Jell-O Cup

5

Roast Beef & Cheese Wrap  
Veggie Straws  
Frozen Peaches  
Fruit by the Foot

6

Chicken Strips  
Peas  
Applesauce  
Jell-O Cup

9

BBQ Beef on Bun  
Baked Beans  
Peaches  
Chex Mix

10

Pancakes  
Sausage  
Mixed Fruit  
Granola Bar

11

Ham & Cheese Sub Sandwich  
Pretzels  
Fresh Fruit  
Rice Krispy Treat

12

Hot Dog on Bun  
Chips  
Frozen Fruit  
Fruit Snack

13

Sausage/Egg/Chz on Biscuit  
Hash Brown Patty  
Blueberries  
Gogurt

16

Chicken Nuggets  
Peas  
Pears  
Rice Krispy Treat

17

Hamburger or Cheeseburger on Bun  
Baked Beans  
Peaches  
Pudding Cup

18

BBQ Pork Rib on Bun  
Broccoli  
Applesauce  
Fruit Bar

19

Hot Ham & Cheese on Bun  
Carrots  
Frozen Fruit  
Christmas Cookie

20

Christmas Break

23

Christmas Break

24



Christmas Break

26

Christmas Break

27

Christmas Break

30

Christmas Break

31

