



## MERRY CHRISTMAS



**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



### TUESDAY

### WEDNESDAY



### THURSDAY

### FRIDAY

**Fire Thai Fusion** 1  
 Cheese or Pepperoni  
 Pizza  
 Salad  
 Fruit  
 Dessert

**Zaxby's** 4  
 Chicken Tenders  
 Chips  
 Fruit  
 Dessert

**Fazoli's** 5  
 Spaghetti with Meat  
 Sauce  
 Salad  
 Breadsticks

**Bamboo** 6  
 Grilled Chicken w/  
 Teriyaki Sauce  
 Fried Rice  
 Veggies  
 Spring Roll

**Buffalo Wings & Rings** 7  
 Cheeseburger Slider  
 Potato Wedges  
 Fruit  
 Cookie

**Fire Thai Fusion** 8  
 Cheese or Pepperoni  
 Pizza  
 Salad  
 Fruit  
 Dessert

**Tijuana Flats** 11  
 Chicken Burrito  
 W/Refried Beans,  
 Rice & Cheese  
 Chips  
 Fruit & Dessert

**Julie's Southern Joy** 12  
 Chicken Tenders  
 Mashed Potatoes w/  
 Gravy  
 Corn

**Firehouse Subs** 13  
 Ham & Cheese Sub  
 Chips  
 Fruit  
 Cookie

**Chick-Fil-A** 14  
 Chick-Fil-A  
 Sandwich  
 Chips  
 Fresh Fruit  
 Dessert

**Fire Thai Fusion** 15  
 Cheese or Pepperoni  
 Pizza  
 Salad  
 Fruit  
 Dessert

**Zaxby's** 18  
 Chicken Tenders  
 Chips  
 Fruit  
 Dessert

**Fazoli's** 19  
 Fettuccini with  
 Alfredo Sauce  
 Breadsticks  
 Desert

**Bamboo** 20  
 Grilled Chicken w/  
 Teriyaki Sauce  
 Fried Rice  
 Veggies  
 Spring Roll

**EARLY DISMISSAL** 21  
**SCHOOL OUT AT**  
**12:00 – NO LUNCH**

**CHRISTMAS BREAK** 22

**CHRISTMAS BREAK** 25

**CHRISTMAS BREAK** 26

**CHRISTMAS BREAK** 27

**CHRISTMAS BREAK** 28

**CHRISTMAS BREAK** 29