

DECEMBER 2023

Edinboro & McKean Elementary

LUNCH



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

Chefs Choice Soup
Diced Carrots
Soft Pretzel w/Cheese
Apple Sauce
Milk

4

Cheese Calzone
Cooked Cauliflower
Pears
Cookie
Fruit Juice & Milk

5

Pancakes & Sausage
Tater Tots
Side Salad
Side Kicks Fruit Cup
Milk

6

Pizza
Green Beans
Tossed Salad
Fruit Juice & Milk

7

Italian Dunkers
w/Dipping Sauce
Side Salad
Mixed Fruit
Milk

1

Corn Dogs
Carrots
French Fries
Mixed Fruit
Milk

11

Pizza
California Blend
Milk
Side Kicks Fruit Cups

12

Chicken Taco Salad
Corn
Churro
Fruit Juice & Milk

13

**HOLIDAY
LUNCH**

14

Breaded Cheese Stick
w/ Marinara Sauce
Seasoned Vegetables
Fruit
Milk

15

**CHEF'S
CHOICE**

18

**CHEF'S
CHOICE**

19

**CHEF'S
CHOICE**

20

**CHEF'S
CHOICE**

21

**HOLIDAY
BREAK**

22

**HOLIDAY
BREAK**

25

**HOLIDAY
BREAK**

26

**HOLIDAY
BREAK**

27

**HOLIDAY
BREAK**

28

**HOLIDAY
BREAK**

29