

DECEMBER 2023

General McLane High School

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



Goulash
Diced Carrots
Apple Sauce

4

Cheese Calzone
Cooked Cauliflower
Pears

5

Pancakes & Sausage
Tater Tots
Side Kicks Fruit Cup

6

Pizza Burger
Green Beans
Side Salad
Pineapple

7

Chicken Sandwich
Buttered Peas
Apple Slices

8

Chicken Fajitas
Seasoned Corn
Fruit

11

Spaghetti With Meat
Sauce
Breadstick
Green Beans
Assorted Fruit

12

Maple French Toast
W/ Sausage
Tater Tots
Fresh Fruit Salad

13

**HOLIDAY
LUNCH**

14

Loaded Fries
Mixed Vegetables
Peaches

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