

DECEMBER 2023

JPMS

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



Hot Dog w/Toppings
Baked Beans
Pineapple

4

General Tso's Chicken
Rice
Cooked Broccoli
Fruit Cup

5

Spaghetti w/meat
sauce
Breadstick
Vegetables
Applesauce

6

Cheeseburger
Vegetables
Fries
Peaches

7

Chicken Sandwich
Mixed Vegetables
Sliced apples

8

Chicken Alfredo
Vegetable
Breadsticks

11

Italian Dunkers
Dipping Sauce
Side Kicks Fruit Cups
Glazed Carrots

12

Grilled Cheese
Tomato Soup
Green Beans
Peaches

13

**HOLIDAY
LUNCH**

14

Pizza
Green Beans
Tossed Salad
Fruit Juice & 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