

# December 2019

BONIFAY K - 8

LUNCH



**SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS AS NEEDED.**



**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

Chicken Nuggets  
Mashed Potatoes  
Broccoli

2

## Tuesday

Hamburger  
Fries  
Lettuce/Tomato

3

## Wednesday

Beef Nacho  
Tortilla Chips  
Corn  
Side Salad

4

## Thursday

Chicken Noodle  
Peas & Carrots  
Side Salad  
WGR Roll

5

## Friday

Corn Dog  
Mac & Cheese  
Baked Beans  
Carrot Sticks

6

Chicken Sandwich  
Fries  
Lettuce/Tomato

9

Christmas Lunch  
Turkey  
Mashed Potatoes  
Green Beans  
WGR Roll Fruit Pies

10

Burrito  
Corn  
Side Salad

11

Stuffed Crust Pizza  
Side Salad  
Broccoli

12

Chicken & Waffles  
Baked Beans  
Carrot Sticks

13

Chicken Nuggets  
Mashed Potatoes  
Broccoli

16

Hamburger  
Fries  
Lettuce/Tomato

17

Taco Salad  
Tortilla Chips  
Corn  
Lettuce

18

Cherry Blossom Chicken  
Oriental Rice  
Side Salad

19

Hot Dog  
Doritos  
Baked Beans  
Carrot Sticks

20

NO SCHOOL

23

CHRISTMAS BREAK

NO SCHOOL

24

CHRISTMAS BREAK

NO SCHOOL

25

CHRISTMAS BREAK

NO SCHOOL

26

CHRISTMAS BREAK

NO SCHOOL

27

CHRISTMAS BREAK

NO SCHOOL

30

CHRISTMAS BREAK

NO SCHOOL

31

CHRISTMAS BREAK

