

# DECEMBER 2021

## Caston School Corporation

### LUNCH



**School Information:** Please make sure your students have money in their account to purchase extras or ala carte. Alternates are offered to 6-12 & Staff



**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

Beef Nachos, Cheddar Cheese, Refried Pinto Beans, Green Onions, Fruit, and Milk **6**

Alternate: BBQ Pulled Pork Snd

Cajun Chicken Sandwich, Breadstick, Mixed Vegetables, Fruit, and Milk **7**

Alternate: Ravioli

Hot Dog on Bun w/Chili, Potato Cubes with Broccoli & Cheese, Biscuit, Fruit, and Milk **1**

Alternate: Cheese Pizza

Chicken Eggroll, Asian Noodles, Asian Vegetables, Fruit and Milk **8**

Alternate: Philly Cheesesteak Snd

Sweet & Sour Chicken, Brown Rice, Asian Vegetables, Fruit, Brownie, and Milk **2**

Alternate: Grilled Cheese

Pepperoni Pizza, Garden Salad, Chips, Fruit, and Milk **3**

Alternate: Deli Sandwich

Roasted Turkey Breast, Gravy, Mashed Potatoes, Biscuit, Fruit, and Milk **13**

Alternate: Cheese Quesadilla

Broccoli & Beef Stir Fry, Brown Rice, Mandarin Oranges, Fortune Cookie, and Milk **14**

Alternate: Loaded Baked Potato

Chicken Street Tacos, Pico De Gallo, Black Beans, Mexican Rice, Fruit, and Milk **15**

Alternate: Cheese Lasagna Roll

Loaded Baked Potato, Cheese, Bacon Crumbles, Broccoli, Goldfish, Fruit, and Milk **16**

Alternate: Yogurt Parfait

Mexican Pizza, Tossed Salad, Salsa, Breadstick, Fruit, and Milk **17**

Alternate: Deli Sandwich

Chicken Patty Sandwich, Mashed Potatoes, Gravy, Corn, Fruit, and Milk **20**

Alternate: NONE

Baked Ham, Green Beans, Au Gratin Potatoes, Sweet Yams, Fruit, and Milk **21**

Happy Holidays! **22**

Happy Holidays! **23**

Happy Holidays! **24**

Happy Holidays! **27**

Happy Holidays! **29**

Happy Holidays! **29**

Happy Holidays! **30**

Happy Holidays! **31**