





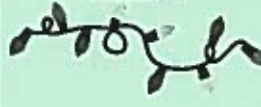


Pocahontas County Schools December Breakfast and Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>*Zucchini Bread *Cereal *Pears</p> <p>Cheeseburger*** WW Bun*** Potato*** Green Beans*** Lettuce/Tomato/Onion Ketchup/Mayo/Mustard Sherbet***</p>	<p style="text-align: right;">4</p> <p>*Cook's Choice *Cereal *Fruit</p> <p>Chicken Nuggets*** Mixed Vegetables*** Sweet Potato Fries*** Fruit***</p>	<p style="text-align: right;">5</p> <p>*Waffle Sticks or *Cereal *Fruit</p> <p>Beef Taco***,*** Corn*** Cheese/Lettuce/Tomato/Onion/ Salsa/Sour Cream Refried Beans*** Fruit***</p>	<p style="text-align: right;">6</p> <p>*Scrambled Egg Patty *English Muffin *Cereal *Fruit</p> <p>Tomato Soup*** Grilled Cheese*** Fresh Broccoli and Carrots*** Fresh/Mixed Fruit***</p>	<p style="text-align: right;">7</p> <p>*Cinnamon Roll *Cereal *Fruit</p> <p>Philly Cheese Steak Sub*** Grilled Peppers/Onions*** Sweet Potato Casserole*** Applesauce Cake*** Orange***</p>
<p style="text-align: right;">10</p> <p>*Blueberry Muffin *Cereal *Fruit</p> <p>Meatball Sub***,*** French Fries*** Cucumbers, Celery, Carrots w/ ranch*** Pears***</p>	<p style="text-align: right;">11</p> <p>*Chocolate Chip Bar *Cereal *Pear</p> <p>Baked Chicken*** Red Potatoes*** Biscuit*** Peas*** Hot Apples*** Vanilla Ice Cream</p>	<p style="text-align: right;">12</p> <p>*Sausage Gravy/Biscuit *Cereal *Banana</p> <p>Cheesy Pepperoni Roll*** Mac n Cheese*** Green Beans*** Fresh Carrots*** Fruit***</p>	<p style="text-align: right;">13</p> <p>*French Toast Mini *Cereal *Apple</p> <p>Chicken Fajita*** Black Bean Salsa*** Stir Fry Veggies*** Salad w/ tomatoes***or, Cook's Choice Pineapple***</p>	<p style="text-align: right;">14</p> <p>*Pretzel w/Cheese *Cereal *Fruit</p> <p>Chili*** Cornbread*** Baked Potato*** Steamed Broccoli*** Shredded Cheese*** Mixed Fruit***</p>
<p style="text-align: right;">17</p> <p>*Pizza *Cereal *Applesauce</p> <p>Cook's Choice*** *** ***</p>	<p style="text-align: right;">18</p> <p>*Cook's Choice *Cereal *Cook's Choice Fruit</p> <p>Beef Stew w/ Potatoes*** Cook's Choice*** Cook's Choice*** Fruit***</p>	<p style="text-align: right;">19</p> <p>*Bagel w/ Cream Cheese *Cereal *Strawberry Cup</p> <p>Baked Ham*** Hot Roll*** Mashed Potatoes*** w/ Gravy Green Beans*** Cook's Choice*** Christmas Cake***</p>	<p style="text-align: right;">20</p> <p>*Pancake *Sausage Link *Cereal *Mixed Fruit</p> <p>Pork BBQ on Bun***,*** Baked Beans*** California Blend*** Fresh Veggies*** Pear***</p>	<p style="text-align: right;">21</p> <p>Professional Learning Day No School for Students</p> 
<p style="text-align: right;">24</p> <p>Christmas Break No School</p> 	<p style="text-align: right;">25</p> 	<p style="text-align: right;">26</p> <p>Christmas Break No School</p> 	<p style="text-align: right;">27</p> <p>Christmas Break No School</p> 	<p style="text-align: right;">28</p> <p>Christmas Break No School</p> 
<p style="text-align: right;">31</p> <p>Christmas Break No School</p> 				

Yogurt and Milk offered for Breakfast-Daily. Variety of Milk offered for Lunch Daily.

**Breakfast Students must take a fruit and 2 other * items.*

*Lunch *** Students must take a fruit or a vegetable
and 2 other *** items*

Nutrition Facts

<https://www.cdc.gov/healthyschools/nutrition/facts.htm>