

# DECEMBER 2021

## WAKEFIELD-MARENISCO



**School Information: Milk and Water with every meal.**  
**FRUITS & VEGETABLES DAILY**  
**\*\*\*\*\*Menu Subject To Change\*\*\*\*\***



**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



**Rotini & Meatballs** 6  
**Garlic Twist**

**Walking Taco** 7  
**Salsa & Sour Cream**

**Chicken Patty** 8  
**Nacho Cheese & Chips**

**Hot Dogs** 9  
**Beans**  
**Chips & Pickles**

**Pizza** 10  
**Salad**

**Cardinal Bowl** 13

**Pizza Quesadilla** 14  
**Salsa & Sour Cream**

**Cheeseburgers** 15  
**Fries & Pickles**

**Mac & Cheese** 16  
**Chicken Nuggets**

**Bosco Sticks Salads** 17

**Ham & Turkey Subs** 20  
**Chips & Pickles**

**Beefy Nachos** 21  
**Salsa & Sour Cream**

**½ Day-Noon Release** 22  
**Pizza**

23  
**NO SCHOOL**

24  
**NO SCHOOL**

27  
**NO SCHOOL**

28  
**NO SCHOOL**

29  
**NO SCHOOL**

30  
**NO SCHOOL**

31  
**NO SCHOOL**