

DECEMBER 2022

WAKEFIELD-MARENISCO

LUNCH



School Information: MILK & WATER WITH ALL MEALS.

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



Meatballs/Gravy

Butter Noodles

5

Peas & Carrots, Roll

Cheese Quesadilla

6

Beefy Nachos

13

Taco Wrap

Salsa & Cheese

20

Chips

Mac & Cheese

Chicken Nuggets

7

Cheeseburgers

Fries

14

½ DAY OF SCHOOL

Pizza

21

Veggies

Cardinal Bowl

1

Sub Sandwiches

Chips & Pickles

8

Noodles Alfredo

Broccoli

15

Breadstick

WINTER

BREAK

22

Cheese Stuff Pizza

Salads

2

Chicken Noodle Soup

Uncrustable PB&J

9

Garlic French Bread Pizza

Marinara

16

WINTER

BREAK

23

WINTER

BREAK

26

WINTER

BREAK

27

WINTER

BREAK

28

WINTER

BREAK

WINTER

BREAK