### Elementary Menu for December 2019

**Bethel School District**

**Happy Holidays!**

From: Leeda Beha, Director of Child Nutrition and the entire Child Nutrition staff!

This institution is an equal opportunity provider.

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**Monday, December 2**

**Breakfast**
- Sausage Breakfast Pizza or Breakfast Cereal
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Mozzarella Bread Sticks w/ Marinara Sauce, Green Beans
- Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 31.1g  Carbs: 95.0g
Calories: 628  Total fat 15.8g

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**Tuesday, December 3**

**Breakfast**
- French Toast Sticks w/ Syrup or Yogurt Dunkers
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Sweet & Sour Chicken Whole Grain Rice
- Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 30.3g  Carbs: 103.5g
Calories: 598  Total fat 8.5g

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**Wednesday, December 4**

**Breakfast**
- Sausage & Cheese Biscuit or Oatmeal Bar
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Spaghetti Spirals & Meat Sauce Whole Grain Breadstick
- Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 27.4g  Carbs: 93.5g
Calories: 601  Total fat 14.5g

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**Thursday, December 5**

**Breakfast**
- Cinnamon Roll or Breakfast Cereal
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Chicken Nuggets
  - Oven Baked Fries
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 27.9g  Carbs: 91.0g
Calories: 605  Total fat 18.4g

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**Friday, December 6**

**Breakfast**
- Cream Cheese Bagel Bar or Yogurt Dunkers
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Chipotle Sloppy Joe
  - Bethel Baked Beans
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 39.5g  Carbs: 108.4g
Calories: 744  Total fat 15.8g

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**Monday, December 9**

**Breakfast**
- Breakfast Wrap or Breakfast Cereal
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Personal Pepperoni Pizza Pie
  - Green Beans
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 27.1g  Carbs: 92.1g
Calories: 613  Total fat 17.3g

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**Tuesday, December 10**

**Breakfast**
- Mini Strawberry Pancakes or Yogurt Dunkers
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Macho Nachos w/ Corn Chips
  - Land-o-Lakes Cheese Sauce, Taco Meat
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 28.1g  Carbs: 96.5g
Calories: 618  Total fat 15.2g

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**Wednesday, December 11**

**Breakfast**
- Blueberry Yogurt Parfait or Breakfast Cereal
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Corn Dog
  - Cheddar Goldfish
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 21.6g  Carbs: 97.6g
Calories: 607  Total fat 13.6g

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**Thursday, December 12**

**Breakfast**
- Blueberry Yogurt Parfait or Breakfast Cereal
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Mini Cheese Calzones
  - Minestrone Soup
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 34.5g  Carbs: 118.2g
Calories: 743  Total fat 16.2g

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**Friday, December 13**

**Breakfast**
- Sausage Breakfast Pizza or Breakfast Cereal
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Ham & Cheese Pull-a-Parts
  - Tomato Soup
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 33.9g  Carbs: 96.1g
Calories: 620  Total fat 12.8g

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**Monday, December 16**

**Breakfast**
- Mini Blueberry Waffles or Yogurt Dunkers
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Teriyaki Beef Bites
  - Whole Grain Rice
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 31.0g  Carbs: 82.9g
Calories: 578  Total fat 13.4g

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**Tuesday, December 17**

**Breakfast**
- Mini Bagel w/ Egg & Cheese or Oatmeal Bar
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Soft Shell Taco
  - Fiesta Rice
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 29.0g  Carbs: 89.5g
Calories: 626  Total fat 17.3g

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**Wednesday, December 18**

**Breakfast**
- Cinnamon Roll or Breakfast Cereal
- Fruit & Juice
- Non-Fat or 1% White Milk

**Holiday Lunch!**
- Turkey Gravy & Mashed Potatoes
  - Whole Grain Roll, Cranberry Sauce
  - Holiday Cookie
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 31.6g  Carbs: 122.1g
Calories: 794  Total fat 21.5g

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**Thursday, December 19**

**Breakfast**
- Banana Bread or Oatmeal Bar
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Chicken Burger
  - Bethel Baked Beans
  - Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 34.7g  Carbs: 107.2g
Calories: 695  Total fat 14.2g

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**Friday, December 20**

**Breakfast**
- Sausage Breakfast Pizza or Breakfast Cereal
- Fruit & Juice
- Non-Fat or 1% White Milk

**Lunch**
- Fresh Fruit & Veggie Bar
  - 1% White or Non-Fat Chocolate/White Milk

Protein: 31.1g  Carbs: 95.0g
Calories: 628  Total fat 15.8g

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Holiday Break begins Monday, Dec. 23rd

Classes Resume Monday, Jan. 6th