

DECEMBER 2022

LAKE OF THE WOODS



Monday



Tuesday

Wednesday

Thursday

Friday

5
CHEESE FILLED BREADSTICKS
SPAGHETTI SAUCE
GREEN PEAS
CHOICE OF FRUIT
MILK

6
HAMBURGER GRAVY
MASHED POTATOES
BROCCOLI & CARROTS
BREAD
CHOICE OF FRUIT
MILK

7
QUESADILLA
BLACK BEANS & RICE
CARROTS
CHOICE OF FRUIT
MILK

8
STUFFED CRUST PIZZA
ROMAINE LETTUCE
RED PEPPERS
CHOICE OF FRUIT
MILK

9
CHICKEN NOODLE SOUP
MEAT & CHEESE SANDWICH
CELERY
CHOICE OF FRUIT
MILK

12
CHICKEN NUGGETS
MAC & CHEESE
BROCCOLI & CAULIFLOWER
CHOICE OF FRUIT
MILK

13
MUSHROOM SWISS OR
HAMBURGER/CHEESEBURGER
FRENCH FRIES
CARROTS
CHOICE OF FRUIT
MILK

14
CHICKEN FAJITAS
BROWN RICE
ONIONS & PEPPERS
CHOICE OF FRUIT
MILK

15
PIZZA HOTDISH
ROMAINE LETTUCE
CUCUMBERS
BREAD
CHOICE OF FRUIT
MILK

16
TACHOS
LETTUCE & TOMATOES
BLACK BEAN SALSA
W.G. CINNAMON ROLL
CHOICE OF FRUIT
MILK

19
CHICKEN PATTY
SWEET POTATO FRIES
BROCCOLI & CAULIFLOWER
CHOICE OF FRUIT
MILK

20
PULLED PORK
FRENCH FRIES
COLESLAW
CHOICE OF FRUIT
MILK

21
PIZZA
MIXED GREEN SALAD
CARROTS
CHOICE OF FRUIT
COOKIE
MILK

22
SLOPPY JOE
BAKED BEANS
SUN CHIPS
CHOICE OF FRUIT
MILK

23
NO SCHOOL

CHRISTMAS BREAK

26
NO SCHOOL

CHRISTMAS BREAK

WEEK

27

28

29

30