

# December 2020

## EDWARDS COUNTY SCHOOLS



**School Information:** This institution is an equal opportunity provider.

All menus are subject to change due to product availability.



**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.

Reference: USDA MyPlate



### Monday



### Tuesday

Chili w/ Crackers & Cheese **1**  
Celery Stick w/ Peanut Butter  
Cinnamon Roll  
Peach Cup  
Milk

### Wednesday

Chicken Strips w/ Gravy **2**  
Mashed Potatoes  
Green Beans  
Mixed Fruit  
Milk

### Thursday

Pork Nachos w/ Lettuce, Tomatoes & Salsa **3**  
Rice & Beans  
Pineapple  
Milk

### Friday

Pizza **4**  
Salad  
Mandarin Oranges  
Rice Crispy Treats  
Milk

BBQ Rib on Bun **7**  
Carrot Sticks w/ Dip  
Pears  
Milk

Chicken Nuggets **8**  
Green Beans  
Fries  
Rosy Applesauce  
Milk

Cheese Bites w/ Marinara Sauce **9**  
Salad w/ Tomatoes  
Craisins  
Milk

Ham & Cheese Sandwich **10**  
Carrots Sticks  
Chips  
Mixed Fruit Cup  
Sidekick  
Milk

Tangerine Chicken **11**  
Vegetable Rice  
Broccoli  
Fruit  
Milk

Mini Corndogs **14**  
Green Beans  
Mandarin Oranges  
Milk

Chicken Fryz **15**  
Carrot Sticks w/ Dip  
Cheez-it  
Pears  
Milk

Cheeseburger on Bun **16**  
Baked Beans  
Fries  
Peaches  
Milk

Chicken & Noodles **17**  
Mashed Potatoes  
Roll  
Mixed Fruit  
Milk

Pizza **18**  
Salad  
Fruit  
Cookie  
Milk

NO SCHOOL **21**

NO SCHOOL **22**

NO SCHOOL **23**

NO SCHOOL **24**

NO SCHOOL **25**

NO SCHOOL **28**

NO SCHOOL **29**

NO SCHOOL **30**

NO SCHOOL **31**

