

# December 2020

## Edwards County High School



**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

### Wednesday

### Thursday

### Friday



Chili w/ Crackers & Cheese or Chicken Fry  
Celery Stick w/ Peanut Butter  
Cinnamon Roll  
Peach Cup  
Milk

Chicken Strips w/ Gravy or BBQ Chicken on Bun  
Mashed Potatoes  
Green Beans  
Mixed Fruit  
Milk

Pork Nachos w/ Lettuce, Tomatoes & Salsa or Mini Corndogs  
Rice & Beans  
Pineapple  
Milk

Pizza or Hot Ham & Cheese on Bun  
Salad  
Mandarin Oranges  
Rice Crispy Treat  
Milk

BBQ Rib on Bun or Pizza  
Carrot Sticks w/ Dip  
Pears  
Milk

Chicken Nuggets or Egg, Sausage & Cheese Biscuit  
Green Beans  
Fries  
Rosy Applesauce  
Milk

Cheese Bites w/ Marinara or Chicken Strips  
Salad w/ Tomatoes  
Craisins  
Milk

Ham & Cheese Sandwich  
Carrot Sticks  
Chips  
Sidekick  
Mixed Fruit Cup  
Milk

General Tso's Chicken or Cheeseburger on Bun  
Vegetable Rice  
Broccoli  
Fruit  
Milk

Mini Corndogs or Spicy Chicken on Bun  
Green Beans  
Mandarin Oranges  
Milk

Chicken Fry or Bosco Sticks  
Carrot Stick w/ Dip  
Cheez-it  
Pears  
Milk

Cheeseburger on Bun or Chicken Wrap w/ Ranch  
Baked Beans  
Fries  
Peaches  
Milk

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