

**DECEMBER 2023**



This institution is an equal opportunity provider. Menus are subject to change.

# Whiteside Elementary School

## Monday, December 4

**Breakfast**  
Breakfast Pizza

**Lunch**  
-Sausage Pizza  
-Corn Dog  
-Popcorn Chicken Salad  
& Bosco Stick  
-Deli Sandwich  
Cheesy Broccoli  
Mixed Fruit  
Cold Milk

## Tuesday, December 5

**Breakfast**  
Cinnamon Roll  
**Lunch**  
-French Toast Sticks &  
Sausage  
-Toasted Cheese Sandwich  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Green Beans  
Chilled Applesauce  
Gogurt Yogurt  
Cold Milk

## Wednesday, December 6

**Breakfast**  
Bacon, Egg & Cheese Biscuit  
**Lunch**  
-Chicken Nuggets & Macaroni  
-Ham & Cheese Croissant  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Baked Beans  
Frozen Juice Cup  
Cold Milk

## Thursday, December 7

**Breakfast**  
Mini Pancakes & Syrup  
**Lunch**  
-Cheeseburger  
-Turkey & Cheese Wrap  
-Caesar Salad & Bosco Stick  
-Deli Sandwich  
Tator Tots  
Chilled Peaches  
Cold Milk

## Friday, December 8

**Breakfast**  
Chocolate Chip Banana  
Bread  
**Lunch**  
-Chili and Crackers  
-Breaded Chicken Sandwich  
-Chef Salad & Bosco Stick  
-Deli Sandwich  
Seasoned Carrots  
Orange Smiles  
Tiger Bites  
Cold Milk

## NUTRITION TO GO

Fresh local tomatoes are impossible to come by in most of the U.S. in winter. That's too bad. But tomato soup is always easy to find, and, surprisingly, processed tomato products like canned tomato soup actually contain more of some key nutrients than fresh tomatoes.

## A QUICK BITE FOR PARENTS

## Available Daily

We offer General Mills Cereal and Cereal Bars as additional Entrée choices. Breakfast includes milk, fruit and juice choice.

## HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**