

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

Whiteside Elementary School

Friday, December I

BreakfastScrambled Eggs & Biscuit

Lunch
-Soft Beef Tacos
-Fish Sticks and Cornbread
-Chef Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans

Fresh Apple Cold Milk

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 Crack

-Chili and Crackers
-Breaded Chicken Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich

Seasoned Carrots
Orange Smiles
Tiger Bites

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.

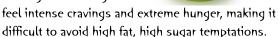
AQUICK BITE FOR PARENTS

Available Paily

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

HAPPIER HOLIDAYS

Want to avoid overeating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of the day can cause you to



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!