

# DECEMBER 2023 PINER-OLIVET UNION SCHOOL DISTRICT

## LUNCH



**Note: Depending on product availability there can be menu changes.**



**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.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Hot Dog & Oven Baked Fries **4**  
Fruit & Vegetables  
Choice of Milk

Chicken Bites w/Mashed Potatoes **5**  
Fruit & Vegetables  
Choice of Milk

Cheese Tamale w/ Black Beans **6**  
Fruit & Vegetables  
Choice of Milk

Bean & Cheese Pupusa w/ Pinto Beans **7**  
Fruit & Vegetables  
Choice of Milk

Turkey & Cheese Sub Or Egg Salad Sandwich **1**  
Fruit & Vegetables  
Choice of Milk

Chicken Patty Burger **11**  
Oven Baked Fries  
Fruit & Vegetables  
Choice of Milk

Chicken Alfredo Pasta w/Steamed Broccoli **12**  
Fruit & Vegetables  
Choice of Milk

Teriyaki Chicken w/Yakisoba Noodles **13**  
Cabbage & Carrots  
Fruit & Vegetables  
Choice of Milk

Bean & Cheese Burrito w/Pinto Beans **14**  
Fruit & Vegetables  
Choice of Milk

Deep Dish Cheese Pizza **8**  
Fruit & Vegetables  
Choice of Milk

Cheeseburger with Oven Baked Fries **18**  
Fruit & Vegetables  
Choice of Milk

Baked Beef Ziti **19**  
Fruit & Vegetables  
Choice of Milk

Chicken Tamale with Seasoned Carrots **20**  
Fruit & Vegetables  
Choice of Milk

Turkey Nachos with Poptilla Chips **21**  
Fruit & Vegetables  
Choice of Milk

Holiday Meal: Grilled Chicken Sweet Potatoes & Green Beans, Dinner Roll **15**  
Fruit & Vegetables  
Choice of Milk

**NO SCHOOL WINTER BREAK** **25**

**NO SCHOOL WINTER BREAK** **26**

**NO SCHOOL WINTER BREAK** **27**

**NO SCHOOL WINTER BREAK** **28**

**NO SCHOOL WINTER BREAK** **22**