

December 2017

Pekin Community School District



This Menu is Subject to Change. We will continue to update and keep menu as accurate as possible. Low-fat and Skim milk offered daily.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



4
NO SCHOOL

5
Sloppy Joes on SMB
Cheese Sticks with
Marinara Sauce
Baked Beans/Broccoli
Peaches/Apple Slices

6
Hot Turkey Sandwich
Mashed Potatoes/Gravy
Green Beans
Cinnamon Apples/Oranges

7
WG Pizza
Steamed Corn/Peas
Pears/Tropical Fruit

1
Ham Sandwich
Baked Beans Cucumber Slices
Raisels/ Banana
WG Chips

8
Santa's Workshop
Crispito with Nacho Cheese
Baby Carrots with Ranch /Salsa
Refried Beans
Grapes/ Applesauce
Belly Bears

11
Chicken Dippers
French Fries/Broccoli
Peaches/ Cinnamon Apples WG
Snack Mix

12
Taco Salad
Corn/ Salsa
Refried Beans
Pineapple/ Fruit Choice

13
Ham Slice
Cheesy Potatoes/Romaine Salad
Mixed Fruit/ Blueberries
Cranberry Salad
WG Christmas Cake

14
Goulash Green Beans/ Peas
Applesauce/ Raisels WG
Breadsticks

15
Chicken Patty on Bun
Baked Beans/Baby Carrots
Sidekicks/Pears

18
Chili
Baby Carrots
String Cheese
Cinnamon Apples/ Peaches
WG Cookie

19
Chicken Tetrazzini
Corn/Green Pepper Rings
Pineapple/Tropical Fruit
Bread and Butter

20
Meatball Sub WG Bun
Broccoli/ Green Beans
Apple Slices/ Mixed Fruit

21
Chicken Nuggets
Tater Tots
Steamed Carrots
Mandarin Oranges/ Applesauce

22
NO SCHOOL

25
CHRISTMAS DAY
NO SCHOOL

26
NO SCHOOL

27
NO SCHOOL

28
NO SCHOOL

29
NO SCHOOL