

# December 2020

## Pekin Community School District



**This menu is subject to change. We will continue to update and keep as accurate as possible. Low Fat or Skim milk offered daily. An Equal Opportunity Provider**



**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



Sausage Pizza **1**  
 Cheesy Green Beans  
 Caesar Salad  
 Pineapple  
 Blueberries  
 WG Chex Mix

Oven Fried Chicken **2**  
 Mashed Potatoes  
 Broccoli  
 Applesauce  
 Tropical Fruit  
 WG Hot Rolls

Sausage Gravy & Biscuit **3**  
 Corn  
 Baby Carrots  
 Mandarin Oranges  
 Apple Slices/ Caramel

Bacon Cheeseburger **4**  
 Baked Beans  
 Cucumber Slices  
 Mixed Fruit  
 Orange Wedges  
 WG Chips

White Chicken Chili **7**  
 Baby Carrots  
 Diced Peaches  
 Cinnamon Apples  
 WG Crackers WG Cookies

Mini Corn Dogs **8**  
 French Fries  
 Cherry Tomatoes  
 Diced Pears Raisels  
 WG Rice Krispy Bar

Mandarin Orange Chicken **9**  
 Broccoli  
 Green Peppers  
 Pineapple Bananas  
 WG Fried Rice

Deli Subs **10**  
 Green Beans  
 Romaine Salad/ Ranch  
 Applesauce Strawberries  
 WG Chips

Turkey Fritter on Bun **11**  
 Baked Beans  
 Broccoli Cheese Casserole  
 Mandarin Oranges  
 Blueberries

Crispito w Cheese Sauce **14**  
 Corn  
 Refried Beans  
 Mixed Fruit  
 Apple Slices Churro

Hamburger on Bun **15**  
 Potato Wedges  
 Baby Carrots  
 Diced Peaches  
 Orange Wedges

Ham Slice Cheesy Potatoes **16**  
 Green Beans Sweet Potatoes  
 Cranberry Salad Diced Pears  
 Cinnamon Apples  
 Oatmeal Cake

Chicken Tetrizzini **17**  
 Broccoli Baby Carrots  
 Pineapple  
 Slush Cup  
 WG Hot Roll

BBQ Rib Patty **18**  
 Baked Beans  
 Romaine Salad  
 Applesauce  
 Bananas WG Chips

WG Lasagna **21**  
 Corn Caesar Salad  
 Mandarin Oranges  
 Tropical Fruit  
 WG Breadsticks

Chicken Strips **22**  
 French Fries  
 Baby Carrots  
 Mixed Fruit Slush Cup  
 Ice Cream Sandwich

**23**  
 SLEEP IN!!  
 YOU'RE ON BREAK!!

**24**  
 SANTA IS COMING  
 TONIGHT!!!

**25**  
**MERRY CHRISTMAS**  
 From: NATALIE, SHANNON,  
 ANGEL, JEAN, HOLLY,  
 APRIL, LINDSEY, JAMIE &  
 AMY!!!!

**28**  
 ENJOY YOUR BREAK!!!

**29**  
 MAKE SURE YOU HAVE  
 ALL YOU HOMEWORK  
 DONE!!

**30**  
 DO SOMETHING FUN  
 TODAY!!

**31**  
 MAKE A NEW  
 YEARS RESOLUTION!

