



# December 2020: Lunch



**NURTITION TIP:** Practice stealth health—sneak veggies into favorite foods. Go light on the meat and top the pizza with vegetables like tomatoes, onions, mushrooms, bell peppers and artichoke hearts

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>02 Mac &amp; Cheese</b> <b>Green Beans</b> fruit 1% Milk LF Chocolate Milk	<b>03 Com Dogs</b> Carrots Fruit 1% Milk LF Chocolate Milk	<b>04 Pizza</b> <b>Garbanzo bean salad</b> Fruit 1% Milk LF Chocolate Milk	
	<b>07 Sweet Chili Chicken</b> over rice w/ stirfry veg Fruit 1% Milk LF Chocolate Milk	<b>08 Tacos</b> Refried beans Fruit 1% Milk LF Chocolate Milk	<b>09 Chicken Tenders</b> Tater Tots Fruit 1% Milk LF Chocolate Milk	<b>10 Spaghetti &amp; meatballs</b> zucchini Fruit 1% Milk LF Chocolate Milk	<b>11 Pizza</b> <b>Carrots sticks</b> Fruit 1% Milk LF Chocolate Milk	
	14 Chicken Alfredo Pasta broccoli Fruit 1% Milk LF Chocolate Milk	15 Chicken Nachos w/ black beans and corn fruit 1% Milk LF Chocolate Milk	16 Grilled Cheese Tomato soup Fruit 1% Milk LF Chocolate Milk	17 Cheeseburger Corn Fruit 1% Milk LF Chocolate Milk	18 <b>Pizza</b> <b>Romaine salad</b> Fruit 1% Milk LF Chocolate Milk	
	<b>21 Chicken Caesar Wrap</b> Fruit cup 1% Milk LF Chocolate Milk	<b>22 Chicken Quesadilla</b> , Peppers & onion fruit 1% Milk LF Chocolate Milk				