

DECEMBER 2022

Vinalhaven School



School Information:

PBJs are offered daily!
 Fruit is offered daily!
 12/21: Early Release



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



Chicken Burgers **5**
 Alt: Ham Cracker Stacker
 Beans, fries

Grilled Cheese w. Soup **6**
 Alt: Buffalo Chicken Dip
 Broccoli

Redtop **7**
 Alt: Turkey and Cheese Sandwich
 Corn

Turkey Italians **1**
 Alt: Yogurt Meal
 Raw veggies

Buffalo Chicken Pizza **2**
 Alt: Cheese Pizza
 Caesar salad

Chicken or Cheese Nachos **12**
 Alt: Grilled Cheese
 Corn

Chop Suey **13**
 Alt: Ham Cracker Stacker
 Caesar Salad

Sloppy Joes **14**
 Alt: Grilled Cheese
 Peas

Hot Ham and Cheese **8**
 Alt: Yogurt Meal
 Peas

Meat Pizza **9**
 Alt: Cheese Pizza
 Caesar salad

Cheeseburgers/Hamburger **19**
 Alt: Yogurt Meal
 Beans, fries

Ham or Turkey and Cheese **20**
 Sandwiches
 Raw veggies

PB&J Bagged Lunches **21**
Early Release @ 12

Turkey Gobbler **15**
 Alt: Yogurt Meal
 Green beans

Pepperoni Pizza **16**
 Alt Cheese Pizza
 Raw veggies

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 Happy Holidays!

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