

# DECEMBER 2021

## St. Barnabas Catholic School

### LUNCH



**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



Quesadilla  
Rice  
Veggie Bar

Spa  
Fruit Bar

6

Waffles  
Sausage  
Fruit Bar  
Veggie Bar

7

Sausage Egg & Cheese  
Hash Brown  
Fruit Bar  
Veggie Bar

1

Nachos  
Chips  
Fruit & Veggie Bar

Co  
Taco Meat

8

Lasagna Roll-up  
Breadstick  
Fruit Bar  
Bar

2

Veggie

General Tso/Orange Chi  
Rice  
Veggie Bar

9

Fruit Bar

Sloppy Joe  
Fruit Bar  
Bar

Fr  
Veggie

3

Chicken Sandwich  
Fruit Bar  
Bar

F  
Veggie

10

Potato Bar  
Fruit Bar  
Bar

Cheese/Bro  
Veggie

13

French Toast  
Hash Brown  
Veggie Bar

Saus  
Fruit &

14

Corn Dog  
Cheese  
Veggie Bar

M  
Fruit Bar

15

Tortellini  
Fruit Bar  
Bar

Breadst  
Veggie

16

Pizza  
Veggie Bar

Fru  
r

17

Christmas Break

20

Christmas Break

21

Christmas Break

22

Christmas Break

23

Christmas Break

24

Christmas Break

27

Christmas Break

29

Christmas Break

29

Christmas Break

30

Christmas Break

31