

# DECEMBER 2021

## Vinalhaven

### LUNCH



**PB & J always available.**



**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 Burger **6**  
 Alt: Chicken Caesar Salad  
 Baked Beans, Caesar Salad  
 Fruit

Chili & Cornbread **7**  
 Alt: Yogurt Meal  
 Corn  
 Fruit

Chop Suey **8**  
 Alt: Grilled Cheese  
 Peas  
 Fruit

Turkey BLT **9**  
 Alt: Turkey Cracker Stacker  
 3 Bean Salad  
 Fruit

Meat Lovers Pizza **10**  
 Alt: Cheese Pizza  
 Raw Veggie  
 Fruit

Cheeseburger **13**  
 Alt: Hamburger  
 Fries, Baked Beans  
 Fruit

Beef Nachos **14**  
 Alt: Cheese Nachos  
 Corn, Black Beans, salsa  
 Fruit

Lasagna **15**  
 Alt: Grilled Cheese  
 Caesar Salad, Garlic  
 Breadsticks  
 Fruit

Breakfast Sandwich **16**  
 Alt: Yogurt Meal  
 Homefries  
 Fruit

Pepperoni Pizza **17**  
 Alt: Cheese Pizza  
 Raw Veggie  
 Fruit

Chef's Choice **20**  
 You better watch out...

Chef's Choice **21**  
 You better not cry....

PB & J Bagged Lunch **22**  
 \*\*\*Early Release @ 11:30\*\*\*  
 You better not pout...

NO SCHOOL **23**  
 I'm telling you why...

NO SCHOOL **24**  
 MR. SELBY IS COMING TO TOWN!!!!

NO SCHOOL **27**

NO SCHOOL **29**  
 HAPPY HOLIDAYS!

NO SCHOOL **29**  
 FROM THE KITCHEN CREW!!

NO SCHOOL **30**

NO SCHOOL **31**