

# December 2018

St. Peter School



St. Peter School, Quincy IL



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Beefy Nacho  
Cowboy Beans  
Cheesy Potatoes  
Blushing Pears **3**

Chili  
Corn Muffin  
Veggie Boat/Dip  
Pineapple Tidbits, Cookie **4**

BBQ Wing Dings  
French Fries  
Broccoli/ w Cheese Sauce  
Diced Peaches **5**

4 Cheese Garlic Bread  
w/ Marinara sauce  
Spinach Salad  
Mixed Fruit **6**

Flap Sticks w/ syrup  
Potato Wedges  
Veggie Juice  
Yogurt w/ Fruit **7**

Hot Dog on Bun  
Baked Beans  
Veggie Boat  
Applesauce **10**

Chicken Nuggets  
Mashed Potatoes/Gravy  
Buttered Corn, Fruited Jello  
Cup, Cookie, Roll **11**

Hot Ham & Cheese on Bun  
Sweet Potato Puffs  
Buttered Peas  
Tropical Fruit **12**

Cheeseburger on Bun  
French Fries  
Baby Carrots/Dip  
Grapes, Cheese Sticks **13**

Cheese Omelet w/ Salsa  
Sausage Link  
Doughnut Holes  
Orange Slices **14**

Chicken Patty on Bun  
Mac & Cheese  
Green Beans  
Apple Slices/Dip **17**

Soft Shell Taco  
Lettuce/Cheese/Salsa  
Refried Beans  
Banana **18**

Chicken Noodle Soup  
Crackers  
½ Grilled Cheese Sandwich  
Veggie Boat/Dip, Fruit Cup **19**

Spaghetti w/ Meat Sauce  
Tossed Salad  
Bread Stick  
Strawberries, Cookie **20**

Sausage Gravy w/ Biscuit  
Potato Rounds  
Cinnamon Apples  
Veggie Juice **21**

**24**  
No School

**25**  
Merry  
Christmas

**26**  
No School

**27**  
No School

**28**  
No School

**31**  
No School

