

DECEMBER 2022

West Side Christian School

LUNCH



Lunch Prices:

K4 - 4th \$3.50
5th - 12th \$4.00



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



Cheeseburger
Fries
Dill Pickle Spear
Fruit

28

Scrambled Eggs
Biscuit and White Gravy
Sausage Links
Go-Gurt

29

Pepperoni Pizza
Corn
Salad
Pudding

30

Corn Dog
Mac and Cheese
Fried Okra
Jello

1

Frito Chili Pie
Black Eye Peas
Tator Tots
Chocolate Chip Cookie

2

Breaded Chicken Sandwich
Cheetos
Baked Beans
Fruit

5

Bean and Beef Burrito
Nachos and Cheese
Pinto Beans
Chocolate Chip Cookie

6

Pepperoni Pizza Sticks
Corn
Salad
Pudding

7

Steak Fingers
Mashed Potatoes
White Gravy
Green Beans
Jello

8

Homemade Chili
Crackers
Pinto Beans
Mini Moon Pie

9

Freezer Cleanout

12

Menu will be announced

Freezer Cleanout

13

Menu will be announced

Freezer Cleanout

14

Menu will be announced

Freezer Cleanout

15

Menu will be announced

Freezer Cleanout

16

Menu to be announced

*Merry Christmas
And
Happy New Year*