

DECEMBER 2023

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



1

Popcorn Chicken
Mashed Potatoes
Brown Gravy
Sweet Peas
Fruit Cocktail

4

Beef Nachos
Refried Beans
Spanish Rice
Sandwich Cookies

5

Pepperoni Pizza
Corn
Salad
Pudding

6

French Toast Sticks
Sausage Links
Hashbrown
Go-Gurt

7

Homemade Chili
Crackers
Pinto Beans
Chocolate Chip Cookie

8

Chicken Nuggets
Fries
Corn
Sandwich Cookies

11

***Chef's Choice of Sloppy Joe or Cheeseburger**
Fries
Baked Beans
Jello

12

Chicken Noodle Soup
Salad
Garlic Bread
Pineapple Tidbits

13

***Chef's Choice of Ham or Turkey Sub Sandwich**
Sliced Carrots
Dill Pickle Spear
Moon Pie

14

Cafeteria Closed

15

18

19

20

22

Merry Christmas

25

26

27

29

