



DECEMBER | 2022



ST. HENRY CATHOLIC SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	1 3 or 4 Way Chili Spaghetti Diced Onions, Shredded Cheese Oyster Crackers Kidney Beans Glazed Carrots Mandarin Oranges Milk	2 French Toast/Waffles Syrup Cup, Scrambled Eggs Smile Fries Veggie Boats with Dip Baked Apples Milk
5 Fiestada Pizza or Chicken/Cheese Quesadilla Salsa Cup Corn Refried Beans Peach Cups Frozen Sidekicks Milk	6 Chicken Tenders or Fish Tenders Waffle Fries Green Beans Mini Biscuit Pear Cups Fresh Apples Milk	7 Spaghetti with Meatballs Garlic Breadstick Glazed Carrots Garden Salads Pineapple Tidbits Dried Cranberries or Cherries Milk	8 No School Solemnity of the Immaculate Conception of the Blessed Virgin Mary; Holy Day of Obligation	9 Grilled Cheese or Cheesy Flatbread Tomato Soup Garden Salad Oyster Crackers Applesauce Fresh Oranges Milk
12 Chicken Patty Sandwich or Fish Sandwich Potato Wedges Baked Beans Peach Cups Frozen Sidekicks Milk	13 Cheese Pizza or Pepperoni Pizza Steamed Broccoli Carrots and Celery with Dip Pear Cups Fresh Apples Milk	14 Roast Beef with Gravy and Dinner Roll or Turkey/Ham and Cheese Sub Mashed Potatoes Green Beans Strawberry or Mixed Berry Cups Fresh Grapes Milk	15 Beef Nachos or Soft Tacos Shredded Cheese, Sour Cream Salsa Cups Black Beans, Corn Mandarin Oranges Fresh Bananas Milk	16 Cheese Bites or Pizza Crunchers Marinara Sauce Corn Garden Salads Applesauce Fresh Oranges Milk
19 Beef and Cheddar Sandwich or Pulled Pork BBQ Sandwich Mac and Cheese Green Beans Carrots with Dip Peach Cups Frozen Sidekicks Milk	20 Chicken Nuggets or Fish Nuggets Roasted Potatoes Baked Beans Mini Biscuit Pear Cups Fresh Apples Milk	21 No School	22 No School	23 No School
26 No School	27 No School	28 No School	29 No School	30 No School

Alternate Meal Options*

Milk and choices of daily fruits and/or vegetables offered with all alternate meal options.

PB&J Grab & Go

PB&J Uncrustables, cheese stick, Goldfish crackers

Yogurt Grab & Go

Yoplait yogurt cup, cheese stick, Goldfish crackers, pretzels

Extras NOT included in the lunch:

Milk: 50¢

Small juice: 50¢

Switch can: 85¢

Water: \$1.30

Bagged snacks: 80¢

Rice Krispie Treat: 80¢

Muffins: \$1.00

Meat option not offered on Fridays

Menu subject to change by product availability