

# DECEMBER 2021

## Jenison Christian School

### LUNCH



Lunch Prices: Free (until notified otherwise)  
Staff/Adult Meals- \$3.80  
Extra Entrée- \$1.15 Milk Only- \$0.50

\*\*Menu items may change without notice due to produce availability



**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



Choice 1: Hamburger on Bun, Smiles, Seasonal Veggies, Fruit

Choice 2: Ham & Cheese Wrap Bag

### TUESDAY

\*\*This institution is an equal opportunity provider and employer\*\*

Choice 1: Nachos- Chips, Taco Meat, Salsa, Cheese, Refried Beans, Spanish Rice, Romaine Lettuce, Fruit

Choice 2: Bagel Bag

### WEDNESDAY

Choice 1: Cheesy Pull Apart Bread, Cooked Carrots, Marinara Sauce, Fruit

Choice 2: Cocoa Puffs Bag

Choice 1: Dutch Waffles, Sausage, Potato Cubes, Fruitables, Fruit

Choice 2: Chicken Sandwich Bag

### THURSDAY

Choice 1: Peppino's Pizza, Green Beans, Seasonal Veggies, Fruit

Choice 2: Chicken Sandwich Bag

Choice 1: Peppino's Pizza, Green Beans, Seasonal Veggies, Fruit

Choice 2: Nacho Bag

### FRIDAY

Choice 1: "Sub-r-Way"- choose from Ham or Turkey w/ your choice of toppings. fruit, Sun Chips

Choice 2: Nacho Bag

Choice 1: Mozzarella Sticks, Marinara Sauce, Broccoli, Fruit

Choice 2: Breakfast Bag

**National Cocoa Day**  
Choice 1: Hot Dog on Bun, Baked Beans, Seasonal Veggies, Fruit

Choice 2: Cocoa Puffs Bag

Choice 1: Chicken Nuggets, Green Beans, Seasonal Veggies, Sun Chips, Fruit

Choice 2: Stuffed Pizza Stick Bag

**Christmas Dinner**  
Choice 1: Ham, Broccoli, Garlic Mashed Potatoes, Roll, Fruit

Choice 2: Bagel Bag

Choice 1: Peppino's Pizza, Green Beans, Seasonal Veggies, Fruit

Choice 2: Ham & Cheese Wrap Bag

**Nat. Maple Syrup Day**  
Choice 1: French Toast Bites, Sausage, Hash Brown, Fruitables Juice, Orange Juice

Choice 2: Turkey/Cheese Sandwich Bag

Choice 1: Macaroni and Cheese, Broccoli, Garlic Breadstick, Seasonal Veggies, Fruit

Choice 2: Breakfast Bag

Choice 1: Corn Puppies, Green Beans, Seasonal Veggies, Fruit

Choice 2: Turkey/Cheese Sandwich Bag

Christmas Break- Have a GREAT Christmas and New Years

27

29

30

31