

DECEMBER 2022 BELMONT HARRISON CAREER CENTERS

LUNCH



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.



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.



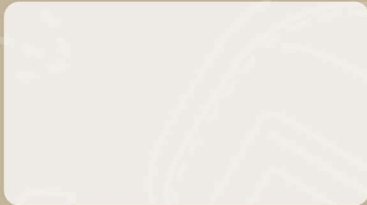
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



LASAGNA ROLL UPS 1
SIDE SALADS
FRUIT
MILK

PIZZA 2
BROCCOLI AND CHEESE
FRUIT
MILK

CHICKEN PATTY SANDWICH
GREEN BEANS
FRUIT 5
MILK

QUESADILLA
CORN
REFRIED BEANS 6
FRUIT
MILK

PHILLY CHEESE STEAK SUB
POTATO SALAD 7
FRUIT
MILK

TOMATO SOUP 8
GRILLED CHEESE
FRUIT
MILK

CALZONES
CALIFORNIA BLEND 9
FRUIT
MILK

RODEO BURGER
GREEN BEANS 12
FRUIT
MILK

NATIONAL HOT COCOA DAY
TACO WRAPS 13
CORN
REFRIED BEANS **FRUIT**
MILK

ASSORTED STUFFED PRETZELS
CHICKEN NOODLE SOUP 14
CARROT STICKS AND DIP
FRUIT, MILK

BREADSTICKS 15
BROCCOLI AND CHEESE
FRUIT, MILK

CHRISTMAS DINNER 16
HAM STEAKS
SCALLOPED POTATOES
CALIFORNIA BLEND
APPLE COBBLER & ICE CREAM

BACON CHEESEBURGER 19
MIXED VEGETABLES
FRUIT
MILK

BONELESS CHICKEN 20
WINGS
POTATO WEDGES
FRUIT
MILK

WINTER 21

BREAK 22

Merry Christmas 23

WINTER 26

BREAK

HAPPY NEWYEAR

HAPPY NEWYEAR