## DECEMBER 2023

## **Belmont - Harrison Career Centers**



School Information 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.

LUNCH

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>****</b> ***  |   |  |   | PIZZA<br>BROCCOLI AND<br>CHEESE<br>FRUIT<br>MILK           |
| CHICKEN PATTY<br>SANDWICH<br>GREEN BEANS<br>FRUIT<br>MILK                                | FAHITA WRAP<br>CORN,<br>REFRIED BEANS<br>FRUIT MILK   | SPAGHETTI 6<br>SIDE SALADS<br>ROLLS<br>FRUIT<br>MILK                                       | MINI CORNDOGS<br>MAC AND CHEESE<br>CARROT STICKS AND<br>DIP<br>FRUIT MILK | CALZONES<br>CALIFORNIA BLEND<br>FRUIT<br>MILK              |
| CHEESEBURGERS<br>GREEN BEANS<br>FRUIT<br>MILK  | TACO IN A BAG<br>CORN,<br>REFRIED BEANS<br>FRUIT MILK | 2 National Cocoa Day<br>TOMATO SOUP<br>GRILLED CHEESE<br>CARROT STICKS ,DIP<br>FRUIT, MILK | PULLED CHICKEN<br>SANDWICH<br>MIXED VEGETABLES<br>FRUIT<br>MILK           | BREAD STICKS 15<br>BROCCOLI AND<br>CHEESE<br>FRUIT<br>MILK |
| HAM<br>SCALLOPED<br>POTATOES<br>CALIFORNIA BLEND<br>APPLE COBBLER &<br>VANILLA ICE CREAM | TACO WRAP<br>CORN,<br>REFRIED BEANS<br>FRUIT MILK     | 9 MEAT BALL SUBS<br>POTATO SALAD<br>FRUIT<br>MILK  | VACATION 21   | VACATION 22  |
| Monny<br>Mistings  | VACATION 2  | 3 VACATION 27  | VACATION 28   | VACATION 29  |