

# December 2017

## Parkers Prairie Public Schools



**Milk Options: 1%, Skim, Skim Chocolate**  
Lactose reduced milk provided on written request



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

Pepperoni Pizza OR  
Cheese Pizza **4**  
Green Beans, Carrot Sticks,  
Apple Sauce, Grapes

Cheese Bread OR  
Max Cheese Sticks **5**  
Italian Dunker Mixture, Sliced  
Carrots, Broccoli, Diced Pears,  
Orange Wedges

Crispy Chicken Nuggets **6**  
OR Mini Corn Dogs  
Dinner Roll, Mashed Potatoes,  
Cauliflower, Mixed Fruit, Kiwi

Tator Tot Hot Dish with **7**  
Dinner Roll OR Italian Sub  
Sandwich  
Celery Sticks, Peach Sauce,  
Apple

Taco in a Bag OR **1**  
Cheese Quesadilla  
Shredded Lettuce, Tomatoes,  
Refried Beans, Salsa, Fruit  
Variety

Hamburger Patty on Bun **8**  
OR Crispy Chicken Patty on  
Bun  
Vegetable Variety  
Fruit Variety

Cinnamon French Toast **11**  
OR Whole Grain Waffle  
Ham Patty, Hash Brown Potato,  
Tomato Juice, Strawberry  
Sauce, Mandarin Oranges

Toasted Cheese Sandwich **12**  
OR Hot Dog on Bun  
Chili, Crackers, Carrot &  
Celery Sticks, Pear Sauce,  
Orange Wedges

Stuff Crust Pizza OR **13**  
Chicken Wrap  
Green Beans, Sliced Peppers,  
Tomatoes, Pineapple Tidbits,  
Grapes

Lasagna OR Chef Salad **14**  
Bread Stick, Peas, Cauliflower,  
Peach Sauce, Apple

Hot Ham & Cheese on Bun **15**  
OR Cheesy French Bread  
Pizza  
Vegetable Variety  
Fruit Variety

Popcorn Chicken with **18**  
Dinner Roll OR Italian Sub  
Sandwich, Canned Corn, Carrot  
Sticks, Apple Sauce, Kiwi

Beef Nachos with **19**  
Tostito Chips OR Chicken Fajita,  
Lettuce, Tomato,  
Salsa, Celery Sticks, Mixed Fruit,  
Grapes

Philly Cheese Steak **20**  
Hoagie OR BBQ McRib on  
Bun, Green Beans,  
Sliced Peppers, Onions, Pear  
Sauce, Apple

Sloppy Joe on Bun OR **21**  
Grilled Chicken Patty on  
Bun, Vegetable Variety  
Fruit Variety, Ice Cream

No School **22**

No School **25**  

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Jan 1<sup>st</sup> No School

No School **26**  

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Jan 2<sup>nd</sup> – Pepperoni Pizza OR  
Cheese Pizza, Green Beans, Carrot  
Sticks, Peach Sauce, Apple

No School **27**  

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Jan 3<sup>rd</sup> – Crispy Chicken Nuggets  
OR Mini Corn Dogs, Dinner Roll,  
Mashed Potatoes, Broccoli, Pine-  
apple Tidbits, Orange Wedges

No School **28**  

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Jan. 4<sup>th</sup> – Hamburger on Bun OR  
Hot Dog on Bun, Baked Beans,  
Potato Rounds, Apple Sauce  
Grapes

No School **29**  

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Jan 5<sup>th</sup> – Taco Salad Supreme OR  
Cheese Quesadilla, Refried  
Beans, Lettuce, Tomato, Salsa,  
Fruit Variety