

December 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
28	29	30	1 Pizza Green Beans Fruit Milk	2 Mac & Cheese Broccoli Fruit Milk Roll	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
5 Cheese Burger Mixed Vegetables Fruit Milk Bun	6 Chicken Nuggets Corn Fruit Milk Roll	7 Chilli Peas Fruit Milk Corn Bread	8 Pizza Green Beans Fruit Milk	9 Fish or Chicken sandwich Chips w/ g Fruit Milk Bun	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
12 Chicken Strips Mac & Cheese Fruit Milk	13 Stromboli Mixed Vegetables Fruit Milk	14 Drum Stick Mashed Potatoes Fruit Milk Roll	15 Pizza Green Beans Fruit Milk	16 Ham & Cheese or PB&J WG Chips Carrots / Dip Milk Cookie	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
19	20	21	22	23	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
26	27	28	29	30	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

