



DECEMBER | 2022

De Tour Area Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	1 Bkft: Apple Strudels, choice of juice and milk Lunch: Chicken tortilla soup, salad bar, tortilla strips, pb&j sandwich, choice of milk and dressing	2 Bkft: Waffles, Strawberries. Choice of juice and milk Lunch: Mac and cheese, salad bar, mixed fruit, choice of milk and dressing.
5 Bkft: Omelet, blueberries, choice of juice and milk. Lunch: Cheeseburger, Fries, salad bar, pears, choice of milk and dressing.	6 Bkft: Breakfast pizza, grapes, choice of juice and milk. Lunch: Calzone, salad bar, peaches, choice of milk and dressing.	7 Bkft: Donut, banana, choice of juice and milk. Lunch: Chicken Ala king, Salad bar, mixed fruit, choice of milk and dressing	8 Bkft: Blueberry muffin, peach cup, choice of juice and milk. Lunch: Corn dog, Salad bar, apple sauce, choice of milk and dressing.	9 Bkft: Oatmeal, yogurt, mixed fruit, choice of juice and milk. Lunch: Chicken noodle soup, salad bar, pb&j sandwiches, choice of milk and dressing.
12 Bkft: Sausage egg and cheese muffin, strawberries, choice of juice and milk. Lunch: Pasta with meat sauce, Salad bar, Breadstick, Apple sauce, choice of milk and dressing.	13 Bkft: Cherry Strudel, choice of juice and milk. Lunch: Tacos, Salad bar, Oranges, choice of milk and dressing.	14 Bkft: French toast sticks, banana, choice of juice and milk. Lunch: Chicken sandwich, Salad bar, Cantaloupe, choice of milk and dressing.	15 Bkft: Cinnamon rolls, blueberries, choice of juice and milk. Lunch: Sloppy Joes, Chips, Salad Bar, choice of milk and dressing.	16 Bkft: Hash browns, Yogurt, Apples, choice of juice and milk. Lunch: Turkey and gravy, corn, Mashed potatoes roll, Salad bar, mixed fruit, choice of milk and dressing
19 Bkft: Pancake wrap, oranges, choice of juice and milk. Lunch: Chicken nuggets, rice, green beans, salad bar, pears, choice of milk and dressing	20 Bkft: Strawberry Parfait, choice of juice and milk. Lunch: Pizza sub, salad bar, watermelon, choice of milk and dressing	21 Bkft: Chocolate muffin, peaches, choice of juice and milk. Lunch: Hot Dog, fries, mixed fruit, salad bar choice of milk and dressing 1/2 Day of school	22 WINTER BREAK BEGINS! NO SCHOOL!!	23 MERRY CHRISTMAS!!!! No school!
26 NO SCHOOL!	27 NO SCHOOL!	28 NO SCHOOL!	29 NO SCHOOL!	30 NO SCHOOL!

News

This institution is an equal opportunity provider.

Milk choices 1 cup

1% white

1% chocolate

Weekly requirements

Breakfast:

Grains- K-8= 7

9-12 = 9

Fruit- K-8= 5

9-12 = 5

Lunch:

Grains: K-8 = 8

9-12= 10

Meat/alternate:

k-8= 8

9-12= 10

Fruit: K-8= 2 1/2 c

9-12 = 5 cup

Veggies: k-8= 3 3/4

9-12 = 5 cups

Cereal served daily for breakfast:

Dressings: Ranch, Italian,

French.Salad options: (may

very) Spinach, lettuce,

tomato, celery, carrots,

broccoli, baked beans,

radishes, cauliflower,

cheese, cucumber, olives,

peppers.

whole grain crackers

offered daily.



DECEMBER | 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

