

North Crawford School District

Breakfast * Lunch

December Menu

2016

Menus subject to change

The USDA is an equal opportunity provider and employer

Thursday Dec 1

Breakfast:
Cereal & Yogurt Cup
High School-
Grab n go

Lunch:
Hamburger
Chips
Green Beans
Strawberries

Friday Dec 2


Breakfast:
French Toast Sticks
High School-
Grab n go

Lunch:
Chicken Nuggets
Mashed Potatoes & Gravy
Homemade Bread
Corn
Banana

WELLNESS IS A WAY OF LIFE!

LEARN EASIER

When you wake up in the morning, your body has gone 10 or more hours without nourishment. You're starving for fuel – both physically and mentally. So if you want to learn well, first things first: you have to feed the furnace!



December breakfast cost:
Elementary/HS- \$16.50
Per Meal- \$1.10

Oct Lunch costs:
MS/HS - \$41.25 (\$2.75)
Elementary - \$36.75 (\$2.45)
Extra Milk - \$0.30
Adult Breakfast - \$1.60
Adult Lunch - \$3.55

We encourage you to monitor your child's lunch account online to keep your balance current

Monday Dec 5

Breakfast:
Cereal or Yogurt and Granola
High School-
Grab n go

Lunch:
Cheesy Chicken
Spaghetti
Roasted Broccoli
Dinner Roll
Caesar Salad
Banana

Tuesday Dec 6

Breakfast:
Cinnamon Roll
High School-
Grab n go

Lunch:
Quesadilla Pizza or Stuffed Crust Pizza
Breadstick
Corn
Side Salad
Mixed Fruit

Wednesday Dec 7

Breakfast:
Sweet bread
High School-
Grab n go

Lunch:
Chicken Wrap
Roasted Baby Carrots
Garlic Texas Toast
Mixed Fruit

Thursday Dec 8

Breakfast:
Oatmeal
High School-
Grab n go

Lunch:
Shepherd's Pie
Asparagus
Dinner Roll
Applesauce

Friday Dec 9

Breakfast:
Breakfast Pizza and Hashbrown
High School-
Grab n go

Lunch:
Vegetable Soup
Homemade Bread
Peaches
Apple Crisp



Monday Dec 12

Breakfast:
Breakfast Burrito
High School-
Grab n go

Lunch:
BBQ Sliders
French Fries
Corn
Banana
Brownie

Tuesday Dec 13

Breakfast:
Cereal or
Cereal Bar
High School-
Grab n go

Lunch:
Grilled Cheese &
Tomato Soup
Garlic breadstick
Peas
Strawberries

Wednesday Dec 14

Breakfast:
Scrambled Eggs &
Biscuit
High School-
Grab n go

Lunch:
Homemade Pizza
Breadstick
Broccoli and Cheese
Apple

Tuesday Dec 20

Breakfast:
Cereal or Cereal bar
High School-
Grab n go

Lunch:
Christmas Dinner:
Baked Chicken
Mashed Potatoes
Dressing
Green Bean Casserole
Cornbread
Pumpkin Bar

Friday Dec 16

Breakfast:
Pancake Sausage Stick
High School-
Grab n go

Lunch:
Chicken or Cheese
Quesadilla
Pinto Beans
Roasted Broccoli
Orange Wedges



Monday Dec 19

Breakfast:
Sweet Bread
High School-
Sweet Bread

Lunch:
Pulled Pork Sandwich
Chips
Baked Beans
Roasted Cauliflower
Applesauce Cup

Tuesday Dec 20

Breakfast:
Muffin and Yogurt
High School-
Grab n go

Lunch:
Nachos
Refried Beans
Cucumber Tomato
Salad
Cantaloupe

Wednesday Dec 21

Breakfast:
Muffin and yogurt
High School-
Grab n go

Lunch:
Mini Corn Dogs
Smiley Potatoes
Baked Beans
Grapes

Thursday Dec 22

NO SCHOOL

Friday Dec 23

NO SCHOOL

EXTINGUISH WORRY.

Wellness isn't just about eating right and exercising. True wellness involves every aspect of how we live our lives. So part of wellness is being well prepared. *When you're ready for any situation, you feel less worry and greater peace of mind, and that's good for your health.* For example, it's a good idea to keep household fire extinguishers in spaces in your home where fires are most likely to happen - places like kitchens, garages, and workshops. In fact, safety experts recommend that we **keep a fire extinguisher and a smoke alarm on every level**

of a dwelling - and check them yearly to make sure they're still working. It's also a good idea to have an escape plan in case of a fire in your home, and to practice the plan with the whole family. Chances are, you'll never need the extinguisher or the escape plan. But your family will rest easier - and worry less.



Monday Dec 26

NO SCHOOL

Tuesday Dec 27

NO SCHOOL

Wednesday Dec 28

NO SCHOOL

Thursday Dec 29

NO SCHOOL

Friday Dec 30

NO SCHOOL

the big number

28

28% of all household fires are cooking-related, occurring most often when cooking is left unattended.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

