



December is National Pear Month. Pears are a top fruit source of fiber, especially when the skin is included. They also provide vitamin C and potassium. Add chopped pears to salads, parfaits, or baked goods like muffins



MONDAY

WG Corn Dog 1 Ea.
Smile Fries 4 oz
Baked Beans 4 oz
Fruit 4 oz
Milk 8 FL

TUESDAY

WG Chicken Nuggets 5 Ea
Mashed Potato, Gravy 4 oz
WG Dinner Roll 1 Ea
Steamed Corn 4 oz
Fruit, Milk 4 oz, 8 FL

WEDNESDAY

BBQ Meatballs 3 oz
Steamed Carrots 4 oz
WG Dinner Roll 1 Ea.
Fruit 4 oz
Milk 8 FL

THURSDAY

WG Beefy Nachos 3 oz, 1oz
Black Beans 4 oz
Salsa 2 oz
Fruit 4 oz
Milk 8 FL

FRIDAY

WG Cheese Pizza 1 Ea.
Romain Salad 3/4c
Fruit 4 oz
Milk 8 FL

Cheeseburger 3 oz
WG Bun 1 Ea.
Tater Tots 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

WG Orange Chicken 3 oz
Brown Rice 1 c
California Blend 4 oz
Fruit 4 oz
Milk 8 FL

WG Grilled Cheese 1 Ea.
Tomato Soup 3/4c
Steamed Peas 4 oz
Fruit 4 oz
Milk 8 FL

WG French Toast 4 Ea.
*Pork Sausage 1 Ea.
Hashbrown 1 Ea.
Fruit 4 oz
Milk 8 FL

WG Italian Dunkers 1 Ea.
Marinara Sauce 2 oz
Baby Carrots 4 oz
Fruit 4 oz
Milk 8 FL

Beef Hot Dog 1 Ea.
WG Bun 1 Ea.
Smile Fries 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 FL

Chicken Alfredo 4 oz
WG Pasta 3/4C
WG Breadstick 1 Ea.
Steamed Broccoli 4 oz
Fruit, Milk 4 oz, 8 FL

Walking Taco 2 oz, 1 oz
W/Fixings 1 oz, 2 oz
Black Beans 4 oz
Fruit 4 oz
Milk 8 FL

WG Cheese Pizza 1 Ea.
Romain Salad w/Ranch 1C
Fruit 4 oz
Milk 8 FL

WG Mini Corn Dog 3 oz
Baby Carrots 4 oz
Chips, Cookie 1 oz, 1 oz
Fruit, Milk 4 oz, 8 FL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

NO
SCHOOL

WG= Whole Grain
1 percent milk
provided daily.

*Fresh
vegetables
available daily



St. John's Lutheran School

*This Institution is and equal opportunity provider

DECEMBER 2025