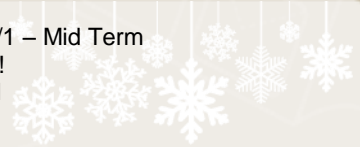


# December 2017

## Charlo School District 7J



**School Information:** 12/1 – Mid Term  
12/25 – Merry Christmas!  
12/25-12/29 – No School



**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



Hot Dogs  
Salad  
Veggie  
Fruit  
Milk

1

Scalloped Potatoes &  
Ham  
Salad  
Veggie  
Fruit / Milk

4

Tater Tot Casserole  
Salad  
Veggie  
Fruit  
Milk

5

Chili & Cinnamon Rolls  
Salad  
Veggie  
Fruit  
Milk

6

Chicken Taco Bake  
Salad  
Veggie  
Fruit  
Milk

7

Burgers  
Salad  
Veggie  
Fruit  
Milk

8

Lasagna  
Salad  
Veggie  
Fruit  
Milk

11

Chicken Stir Fry  
Salad  
Veggie  
Fruit  
Milk

12

Ham & Bean Soup  
Salad  
Veggie  
Fruit  
Milk

13

Grilled Chicken Sandwich  
Salad  
Veggie  
Fruit  
Milk

14

Open Face Hot Turkey  
w/ Gravy  
Mashed  
Salad / Veggie  
Fruit / Milk

15

Biscuits & Gravy  
Salad  
Veggie  
Fruit  
Milk

18

Pork  
Stuffing  
Mashed Potatoes & Gravy  
Corn / Roll  
Dessert / Milk

19

Chicken Noodle Soup  
Salad  
Veggie  
Fruit  
Milk

20

Quesadillas  
Salad  
Veggie  
Fruit  
Milk

21

Chicken Strips  
Salad  
Veggie  
Fruit  
Milk

22

25

26

27

28

29

Merry Christmas

No School

No School

No School

No School