

**Word of Life Lutheran School**  
**MCFI**  
**K-8 Hot Lunch**



**December**  
**2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MILK FOR SCHOOL:</b> SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		<b>1</b> BBQ Meatball Sub with Shredded Cheese on WG Bun Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	<b>2</b> Non-WG Mac and Cheese WG Chicken Smackers with BBQ Packet WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit Choice of Milk	<b>3</b> WG Calzone Marinara Sauce Cup Baby Carrots Seasonal Fruit Choice of Milk
<b>6</b> BRUNCH FOR LUNCH WG Pancakes with Syrup Cup Chicken Breakfast Sausage Yogurt Cup Sunset Sip Juice Seasonal Fruit Choice of Milk	<b>7</b> Baked Chicken Leg WG Cornbread with Honey Baked Beans Seasonal Fruit Choice of Milk	<b>8</b> Hamburger on a WG Bun Ketchup Packet Steamed Corn Seasonal Fruit Choice of Milk	<b>9</b> Domino's Cheese Pizza Baby Carrots with Ranch Seasonal Fruit Choice of Milk	<b>10</b> Shredded Turkey and Gravy on WG Croissant Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk
<b>13</b> Loaded Chicken Bowl WG Chicken Smackers and Shredded Cheese over Mashed Potatoes WG Biscuit Seasonal Fruit Choice of Milk	<b>14</b> Turkey Hot Dog on WG Bun Ketchup Packet Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	<b>15</b> Sloppy Joe on WG Bun Baked Beans Seasonal Fruit Choice of Milk	<b>16</b> WG Cheese Quesadilla Salsa Cup Baby Carrots Seasonal Fruit Choice of Milk	<b>17</b> NATIONAL MAPLE SYRUP DAY WG French Toast Sticks Syrup Cup Yogurt Cup Sunset Sip Juice Seasonal Fruit Choice of Milk
<b>20</b> No school Merry Christmas	<b>21</b> No school Merry Christmas	<b>22</b> No school Merry Christmas	<b>23</b> No school Merry Christmas	<b>24</b> No school Merry Christmas
<b>27</b> No school Merry Christmas	<b>28</b> No school Merry Christmas	<b>29</b> No school Merry Christmas	<b>30</b> No school Merry Christmas	<b>31</b> No school Merry Christmas

This institution is an equal opportunity provider.



**December Nutrition Tip: National Hand Washing Awareness Week**

The first week of December is National Hand Washing Week! Make sure to properly wash your hand often, especially this season, to stay safe from colds/flu and to protect your loved ones.

Source: [CDC.gov](https://www.cdc.gov)

For when and how to properly wash your hands, click the QR Code!

