



Dassa McKinney Elementary School

This institution is an equal opportunity provider. Menus are subject to change.

NUTRITION *TO GO*

The widespread use of chocolate in everything from drinks to candies to other confections makes it one of our most versatile and popular flavorings. Over the years, chocolate has been both praised and criticized regarding its healthfulness. Just remember: chocolate, like most treats, is a food best enjoyed in moderation.

A QUICK BITE FOR PARENTS

COLD ≠ COLD.

Cold weather doesn't cause colds – viruses do! Same with the flu. Kids (and adults) should always dress appropriately outdoors for comfort and to avoid frostbite. But if you don't want to get sick, you should wash your hands!



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

WELLNESS IS A WAY OF LIFE!

Available Daily

Fruit & Vegetable Choices May Include:
Seasonal Fresh Fruit, Apples, Oranges, Bananas, 100% Fruit Juice, Apple Slices, Canned Fruit, Raisins, Craisins, Steamed Hot Vegetables, Fresh Vegetables, Garden Side Salad

Alternative Breakfast Entrees:
Assorted Cereal, Cereal Bars, Graham Crackers

Alternative Lunch Entrees:
Chef Salad w/ Garlic Breadstick
PB&J Sandwich,
Yogurt/String Cheese
w/ Cereal & Crackers

Milk is Included with All Meals

Monday, December 2

No School

Tuesday, December 3

Breakfast Mini Cinnis

Lunch
Tangerine Chicken over Rice
or Stuffed Crust Pizza

Oriental Vegetable Blend
Pineapple Tidbits

Wednesday, December 4

Breakfast Banana Bread Slice

Lunch
Crazy Dipper Day!
Chicken Sticks, Cheese
Dunkers, Soft Pretzel Rods,
w/ Assorted Dipping Sauces
or Stuffed Crust Pizza

Steamed Green Beans
Mandarin Oranges

Thursday, December 5

Breakfast Breakfast Sandwich

Lunch
Crunchy or Soft Shell Taco
w/ Raspberry Churro
or Stuffed Crust Pizza

Golden Corn Kernels
Applesauce

Friday, December 6

Breakfast Mini Blueberry Pancakes

Lunch
Bacon Cheeseburger
or Stuffed Crust Pizza

Potato Puffs
Baked Beans
Pear Slices

Monday, December 9

Breakfast Apple or Cherry Frudel

Lunch
Chicken Strips w/ Soft Pretzel
or Chicken Pattie Sandwich

Steamed Mixed Vegetables
Applesauce

Tuesday, December 10

Breakfast Cinnamon Roll

Lunch
Pasta w/ Meat Sauce
Garlic Breadstick
or Chicken Pattie Sandwich

Steamed Broccoli Florets
Mandarin Oranges

Wednesday, December 11

Breakfast Fruit & Yogurt Parfait Blueberry Muffin

Lunch
Chicken Nuggets w/ Dinner
Roll
Or Chicken Pattie Sandwich

Whipped Potatoes w/ Gravy
Golden Corn Kernels
Diced Peaches & Pears

Thursday, December 12

Breakfast Pancake & Sausage Breakfast Stick

Lunch
Ham & Cheese Pretzel Melt
or Chicken Pattie Sandwich

Baked Potato Chips
Baked Beans
Pineapple Tidbits

Friday, December 13

Breakfast Mini Confetti Pancakes

Lunch
Homemade Pepperoni or
Cheese Pizza
or Chicken Pattie Sandwich

California Vegetable Blend
Mixed Fruit