

# DECEMBER 2021

## Elk City Public Schools

### LUNCH



**School Information:** Christmas Break will begin December 20<sup>th</sup>. School will resume on January 4, 2022.



**Nutrition Tip:** Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Reference: USDA MyPlate

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



Steak Fingers  
Mashed Potatoes w/ Gravy  
Corn  
Hot Roll  
Assorted Fruit **6**

Beef Tacos  
Lettuce & Tomatoes  
Refried Beans  
Mexi Corn  
Salsa  
Assorted Fruit **7**

Corndog  
Mini Corndogs(ELEM)  
Crinkle Cut Fries  
Baked Beans  
Fruit Choice **1**

Mac & Cheese  
Little Smokies  
Peas  
Dinner Roll  
Assorted Fruit **2**

Stuffed Crust Pepperoni Pizza  
Broccoli w/ Cheese  
Fresh Side Salad w/ Ranch  
Assorted Fruit **3**

Chicken Drumsticks  
Green Beans  
Sliced Carrots  
Biscuit  
BBQ Sauce  
Assorted Fruit **13**

Taco Salad  
Ground Beef  
Shredded Cheese  
Tortilla Chips and Salsa  
Assorted Fruit **14**

Ultimate Elk Lunchable  
Turkey and Cheese  
Crackers  
Celery and Carrot Sticks w/ Ranch  
Assorted Fruit **8**

Spaghetti  
Sliced Carrots  
Fresh Salad w/ Ranch  
Breadstick  
Assorted Fruit **9**

Chili Cheese Hotdog  
Potato Wedges  
Fresh Veggies w/ Ranch  
Assorted Fruit **10**

Christmas Dinner **15**

Breakfast For Lunch  
Hashbrowns  
Bacon & Eggs  
Biscuit and Gravy  
Assorted Fruit **16**

**NO SCHOOL** **17**  
**PROFESSIONAL DAY**  
**HAVE A WONDERFUL**  
**CHRISTMAS BREAK!**

**20**

**MERRY**

**CHRISTMAS**

**23**

**24**  
This institution is an equal opportunity provider.

**27**

**28**  
Menus are subject to change.

**29**

**30**  
**HAPPY**

**31**  
**NEW YEAR**