



December 2021

Fruits & Veggies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... Items Served Daily Apple Orange Banana *All meals must include a fruit or vegetable. <small>Menus are subject to change without notice.</small>
		01 Sweet Potato Fries Zucchini Slices Diced Peaches Juice	02 Black Beans Celery Sticks Applesauce	03 Steamed Green Beans Cucumber Slices Blueberries Juice	
06 Steamed Corn Fresh Broccoli Mixed Fruit Strawberry Cup	07 Steamed Green Beans Red Pepper Strips Diced Pears Fresh Grapes	08 Sweet Potatoes Fresh Zucchini Diced Peaches Juice	09 Steamed Peas Celery Sticks Applesauce Blueberries	10 Steamed Broccoli Cucumber Slices Mixed Berries Juice	
13 Steamed Corn Baby Carrots Mixed Fruit Juice	14 Steamed Peas Fresh Broccoli Diced Pears Craisins	15 Steamed Carrots Fresh Cauliflower Diced Peaches Juice	16 Campfire Beans Celery Sticks Applesauce Strawberry Cup	17 Steamed Broccoli Cucumber Slices Slushie Cup Juice	
20 Steamed Corn Fresh Broccoli Mixed Fruit	21 Crinkle Fries Cucumber Slices Diced Pears Juice	22 No School	23	24	
	No School Enjoy your winter break!				

Nature Hill Intermediate & Silver Lake Intermediate

Special News...



This institution is an equal opportunity provider.