



2024

DECEMBER



Allen Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Cereal Goldfish Crackers Applesauce Juice and Milk</p>	<p>3</p> <p>Breakfast Pizza Mixed Fruit Juice and Milk</p>	<p>4</p> <p>Donut String Cheese Pears Juice and Milk</p>	<p>5</p> <p>Waffles with Syrup Peaches Juice and Milk</p>	<p>6</p> <p>Omelet with Cheese Mandarin Oranges Juice and Milk</p>
<p>9</p> <p>Poptart String Cheese Pears Juice and Milk</p>	<p>10</p> <p>French Toast with Syrup Peaches Juice and Milk</p>	<p>11</p> <p>Cereal Bar Yogurt Mixed Fruit Juice and Milk</p>	<p>12</p> <p>Mini Cinnamon Rolls Applesauce Juice and Milk</p>	<p>13</p> <p>Pancake Sausage Sandwich Mandarin Oranges Juice and Milk</p>
<p>16</p> <p>Cereal Bar String Cheese Pears Juice and Milk</p>	<p>17</p> <p>Breakfast Pizza Peaches Juice and Milk</p>	<p>18</p> <p>Strawberry Nutri-Grain Bar Yogurt Pineapple Juice and Milk</p>	<p>19</p> <p>Donut String Cheese Applesauce Juice and Milk</p>	<p>20</p> <p>Omelet with Cheese Mandarin Oranges Juice and Milk</p>
<p>23</p> <p>NO SCHOOL</p>	<p>24</p> <p>NO SCHOOL</p>	<p>25</p> <p>NO SCHOOL MERRY CHRISTMAS!</p>	<p>26</p> <p>NO SCHOOL</p>	<p>27</p> <p>NO SCHOOL</p>
<p>30</p> <p>NO SCHOOL</p>	<p>31</p> <p>NO SCHOOL</p>	<p>Fiber helps maintain digestive health and helps us feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, legumes, nuts, and seeds are good sources of fiber. (CDC.gov)</p>		



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DECEMBER

Allen Lunch

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FRIDAY

<p>2</p> <p>Cheeseburger on Bun French Fries Baked Beans Cinnamon Apples</p>	<p>3</p> <p>Mini Corn Dogs Tater Tots Carrots Mixed Fruit</p>	<p>4</p> <p>Chili with Toppings Goldfish Crackers Cinnamon Roll Pears</p>	<p>5</p> <p>Chicken Alfredo Green Beans Pears</p>	<p>6</p> <p>Bosco Sticks with Marinara Broccoli Peaches</p>
<p>9</p> <p>BBQ Pulled Pork on Bun Baked Beans Tater Tots Pears</p>	<p>10</p> <p>Chicken and Cheese Taco Chips and Salsa Corn Pineapple</p>	<p>11</p> <p>Cheese Pizza Roasted Broccoli Applesauce Cookie</p>	<p>12</p> <p>Spaghetti with Meat Sauce Green Beans Peaches</p>	<p>13</p> <p>Chicken Strips Mashed Potatoes with Gravy Carrots Mixed Fruit</p>
<p>16</p> <p>Breaded Chicken Patty on Bun Baked Beans French Fries Pears</p>	<p>17</p> <p>Cheese Quesadilla Chips and Salsa Corn Pineapple</p>	<p>18</p> <p>Turkey, Ham and Cheese Sub Sandwich Celery and Carrots with Ranch Cinnamon Apples Cookie</p>	<p>19</p> <p>Cheese Ravioli with Marinara Peas and Carrots Peaches</p>	<p>20</p> <p>Christmas Lunch Creamed Turkey Mashed Potatoes with Gravy Green Bean Casserole Mixed Fruit</p>
<p>23</p> <p>NO SCHOOL</p>	<p>24</p> <p>NO SCHOOL</p>	<p>25</p> <p>NO SCHOOL MERRY CHRISTMAS!</p>	<p>26</p> <p>NO SCHOOL</p>	<p>27</p> <p>NO SCHOOL</p>
<p>30</p> <p>NO SCHOOL</p>	<p>31</p> <p>NO SCHOOL</p>	<p>An easy way to boost activity: "Take the stairs. The elevator may go up — but it doesn't make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don't ride the escalator – climb it." (American Heart Association)</p>		