



2024

DECEMBER

LJSH Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Cinnamon Toast Crunch Bar String Cheese Fruit Cup</p>	<p>3</p> <p>Cereal Yogurt Applesauce</p>	<p>4</p> <p>Cinnamon Frudel String Cheese Peaches</p>	<p>5</p> <p>Pancake & Sausage Sandwich Pears</p>	<p>6</p> <p>Biscuit and Gravy Mixed Fruit</p>
<p>9</p> <p>Nutri-Grain Bar String Cheese Mandarin Oranges</p>	<p>10</p> <p>Cereal Yogurt Baked Apples</p>	<p>11</p> <p>Cherry Frudel String Cheese Mixed Fruit</p>	<p>12</p> <p>Pancake & Sausage Sandwich Peaches</p>	<p>13</p> <p>Egg, Ham, & Cheese Pocket Tri-Tater Pears</p>
<p>16</p> <p>Poptart String Cheese Pineapple</p>	<p>17</p> <p>Cereal Yogurt Fruit</p>	<p>18</p> <p>Cinnamon Frudel String Cheese Fruit</p>	<p>19</p> <p>Pancake & Sausage Sandwich Fruit</p>	<p>20</p> <p>Biscuit and Gravy 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>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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LJSH Lunch

MONDAY

TUESDAY

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FRIDAY

<p>2</p> <p>Hot Dog on Bun Fries Baked Beans Applesauce</p>	<p>3</p> <p>Chicken Strips Mashed Potatoes and Gravy Corn Peaches</p>	<p>4</p> <p>Toasted Ravs Breaded Cheese Sticks Marinara Cauliflower w/Cheese Sauce Pears</p>	<p>5</p> <p>Beef and Noodles Salad Peas Mixed Fruit</p>	<p>6</p> <p>Pizza Salad Carrots Mandarin Oranges</p>
<p>9</p> <p>Chicken Patty on Bun Chips and Salsa Green Beans Baked Apples</p>	<p>10</p> <p>Turkey Tetrazzini California Blend Cole Slaw Mixed Fruit</p>	<p>11</p> <p>Chili Cheese Stick Veggies & Ranch Peaches</p>	<p>12</p> <p>BBQ Meatballs Cheesy Hashbrown Cass. Corn Pears</p>	<p>13</p> <p>New Orleans Chicken over Rice Broccoli Egg Roll w/Sweet & Sour Sauce Pineapple</p>
<p>16</p> <p>Hamburger on Bun Fries Baked Beans Fruit</p>	<p>17</p> <p>Cheese Quesadilla Salsa Salad Mandarin Oranges</p>	<p>18</p> <p>TBA</p>	<p>19</p> <p>TBA</p>	<p>20</p> <p>TBA</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>		