

December 2018

Florence 3 School District Head Start/Family Literacy (Lunch)

Monday

3

Meatball Sub or
Meatball Marinara over Rotini
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Fresh Strawberries
Fruit Juice

Tuesday

4

Orange Chicken Rice Bowl
Steamed Broccoli
Celery Sticks w/Dip
Fortune Cookie
Fresh Apple
Sliced Peaches

Wednesday

5

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Baked Beans
Applesauce
Assorted Fresh Fruit

Thursday

6

Nachos w/Chili
Tomato & Cucumber Salad
Glazed Carrots
Pineapple Tidbits
Assorted Fresh Fruit

Friday

7

Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Rips Slush
Assorted Fresh Fruit

10

Chili Dog on WW Bun
Cole Slaw
Pinto Beans
Mandarin Orange
Assorted Fresh Fruit

11

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Assorted Fresh Fruit

12

Salisbury Steak
Garlic Mashed Potatoes
Whole Kernel Corn
Cornbread
Applesauce
Assorted Fresh Fruit

13

Baked Turkey, Sliced Ham
Cornbread Dressing
Brown Rice, Gravy
Cranberry Sauce
Green Beans, Candied Yams
Sherbet
Assorted Fresh Fruit

14

BBQ Pork on Bun
Steamed Broccoli
w/Cheese Sauce
Sweet Potato Fries
Diced Pears
Assorted Fresh Fruit

17

Sliced Turkey on WW Bun
Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

18

Vegetable Beef Soup
Peanut Butter & Jelly OR
Pimento Cheese Sandwich
Baby Carrots w/Dip
Fruit Flavored Raisels
Fruit Juice

19

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

20

Fajita Chicken
w/Teriyaki Sauce
Broccoli Salad
Sweet Potato Tots
WG Biscuit
Assorted Fresh Fruit
Sidekick

21

WINTER BREAK
SCHOOL DISTRICT
CLOSED

24

WINTER BREAK
SCHOOL DISTRICT
CLOSED

25

WINTER BREAK
SCHOOL DISTRICT
CLOSED

26

WINTER BREAK
SCHOOL DISTRICT
CLOSED

27

WINTER BREAK
SCHOOL DISTRICT
CLOSED

28

WINTER BREAK
SCHOOL DISTRICT
CLOSED

31

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Did you know...

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter.

Milk Choices Daily:

1% White, Skim White,

Adult Meal Price for Lunch is \$3.70

Menus are subject to change based on
product availability.

Nutrition Education

You will consume about 50 tons
of food in your lifetime. Each
day's intake of nutrients may
affect your body only slightly, but
a lifetime of poor food choices
can have a devastating affect on
total health.

Eating right simply means being
more conscious about the type of
food you eat. Increasing the
consumption of food items such
as sumptuous fruits and fresh
vegetables will nourish your body
like no other!

**You are what you eat from
your head down to your feet.**

**You'll huff and puff if you eat
a lot of stuff.**

Eat More Greens.

**Healthy food in school.
That's really cool!**

*This institution is an equal opportunity
provider.*

December 2018

Florence 3 School District K-8 Grades (Lunch)

Monday

3

Meatball Sub or
Meatball Marinara over Rotini
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Fresh Strawberries
Fruit Juice

10

Hot Dog w/Chili on WW Bun
Cole Slaw
Pinto Beans
Mandarin Orange
Assorted Fresh Fruit

17

Baked Corn Dog or
Corn Dog Minis
Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

24

WINTER BREAK
SCHOOL DISTRICT
CLOSED

31

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Tuesday

4

Orange Chicken Rice Bowl
Steamed Broccoli
Celery Sticks w/Dip
Fortune Cookie
Fresh Apple
Tropical Fruit

11

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Assorted Fresh Fruit

18

Vegetable Beef Soup
Peanut Butter & Jelly Or
Pimento Cheese Sandwich
Baby Carrots w/Dip
Fruit Flavored Raisels
Fruit Juice

25

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Wednesday

5

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Baked Beans
Applesauce
Assorted Fresh Fruit

12

Salisbury Steak
Garlic Mashed Potatoes
Whole Kernel Corn
Cornbread
Applesauce
Assorted Fresh Fruit

19

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

26

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Thursday

6

Nachos w/Chili
Tomato & Cucumber Salad
Glazed Carrots
Pineapple Tidbits
Assorted Fresh Fruit

13

Baked Turkey, Sliced Ham
Cornbread Dressing
Brown Rice, Gravy
Cranberry Sauce
Green Beans, Candied Yams
Sherbet
Assorted Fresh Fruit

20

Fajita Chicken
w/Teriyaki Sauce
Broccoli Salad
Sweet Potato Tots
WG Biscuit
Assorted Fresh Fruit
Sidekick

27

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Friday

7

Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Rips Slush
Assorted Fresh Fruit

14

BBQ Pork on Bun
Steamed Broccoli
w/Cheese Sauce
Sweet Potato Fries
Diced Pears
Assorted Fresh Fruit

21

WINTER BREAK
SCHOOL DISTRICT
CLOSED

28

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Alternate Meal (Offered Daily)

*Chef Salad or Peanut Butter & Jelly
Sandwich w/Cheese Stick*

Milk Choices Daily:

1% White, Skim White,
Fat Free Chocolate, Fat Free Vanilla,
Fat Free Strawberry

Adult Meal Price for Lunch is \$3.70

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product availability.*

Nutrition Education

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Eating right simply means being more conscious about the type of food you eat. Increasing the consumption of food items such as sumptuous fruits and fresh vegetables will nourish your body like no other!

You are what you eat from your head down to your feet.

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Healthy food in school. That's really cool!

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December 2018

Florence 3 School District 9-12 Grades (Lunch)

Monday

3

Meatball Sub or
Meatball Marinara over Rotini
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Fresh Strawberries
Fruit Juice

10

Hot Dog w/Chili on WW Bun
Cole Slaw
Pinto Beans
Mandarin Orange
Assorted Fresh Fruit

17

Baked Corn Dog or
Corn Dog Minis
Oven Fries
Steamed Carrots
Applesauce
Assorted Fresh Fruit

24

WINTER BREAK
SCHOOL DISTRICT
CLOSED

31

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Tuesday

4

Orange Chicken Rice Bowl
Steamed Broccoli
Celery Sticks w/Dip
Fortune Cookie
Fresh Apple
Tropical Fruit

11

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Assorted Fresh Fruit

18

Vegetable Beef Soup
Peanut & Butter & Jelly OR
Pimento Cheese Sandwich
Baby Carrots w/Dip
Fruit Flavored Raisels
Fruit Juice

25

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Wednesday

5

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Baked Beans
Applesauce
Assorted Fresh Fruit

12

Salisbury Steak
Garlic Mashed Potatoes
Whole Kernel Corn
Cornbread
Applesauce
Assorted Fresh Fruit

19

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

26

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Thursday

6

Nachos w/Chili
Tomato & Cucumber Salad
Glazed Carrots
Pineapple Tidbits
Assorted Fresh Fruit

13

Baked Turkey, Sliced Ham
Cornbread Dressing
Brown Rice, Gravy
Cranberry Sauce
Green Beans, Candied Yams
Sherbet
Assorted Fresh Fruit

20

Fajita Chicken
w/Teriyaki Sauce
Broccoli Salad
Sweet Potato Tots
WG Biscuit
Assorted Fresh Fruit
Sidekick

27

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Friday

7

Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Rips Slush
Assorted Fresh Fruit

14

BBQ Pork on Bun
Steamed Broccoli
w/Cheese Sauce
Sweet Potato Fries
Diced Pears
Assorted Fresh Fruit

21

WINTER BREAK
SCHOOL DISTRICT
CLOSED

28

WINTER BREAK
SCHOOL DISTRICT
CLOSED

Alternate Meal (Offered Daily)

Chef Salad or Sandwich Line

*Sandwich Line consists of:
BBQ Rib Sandwich, Hot Dog,
Combo Sub Sandwich, Pizza
Chicken Fillet Sandwich
(Line items may vary not all items
available each day)*

Milk Choices Daily:
1% White, Skim White,
Fat Free Chocolate, Fat Free Vanilla,
Fat Free Strawberry

Adult Meal Price for Lunch is \$3.70

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