

DECEMBER 2022

Hancock County Elementary

BREAKFAST



School Information: School Information;
Daily Items: Juice/Milk, Cereal, Pop-tarts,
Yogurt, Fruit, Salad Bar,
Menus are subject to change USDA is an
equal opportunity provider, employer, and
lender



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

Bacon Biscuit **5**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Muffins **6**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Pancake Sausage Wrap **7**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

French Toast Sticks **1**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Gravy Biscuit, Sausage **2**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Egg and Cheese Biscuit **12**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Pancakes **13**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Danish **14**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Sausage Biscuit **8**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Gravy Biscuit, ~~Hashbrowns~~ **9**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Muffins **15**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Gravy Biscuit, Bacon **16**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Sausage Biscuit **19**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk

Muffins **20**
 Assorted Cereal
 Fruit Variety & Juice
 1% or Fat Free Milk
½ DAY

CHRISTMAS **21**
BREAK

CHRISTMAS **22**
BREAK

CHRISTMAS **23**
BREAK

CHRISTMAS **26**
BREAK

CHRISTMAS **27**
BREAK

CHRISTMAS **28**
BREAK

CHRISTMAS **29**
BREAK

CHRISTMAS **30**
BREAK

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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.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Hamburger
 Curly Fries
 Corn Nuggets
 Fresh Fruit
 Salad Bar **5**

Corn Dog
 Corn
 Mac & Cheese
 Fresh Fruit
 Salad Bar **6**

Chicken Nuggets w/Roll
 Mashed Potatoes
 Sweet Carrots
 Fresh Fruit
 Salad Bar **7**

Salisbury Steak w/Roll
 Mashed Potatoes
 Peas
 Fresh Fruit **1**

Pizza Curly Fries
 Broccoli
 Fresh Fruit
 Salad Bar **2**

Crispy Chicken Sandwich
 Tater Tots
 Corn
 Fresh Fruit
 Salad Bar **12**

Hot Dog
 Chili
 Slaw
 Fresh Fruit
 Salad Bar **13**

Chicken Tenders w/Roll
 Baby Bakers
 Green Beans
 Fresh Fruit
 Salad Bar **14**

Ham
 Dressing
 Mashed Potatoes/Gravy
 Roll
 Fresh Fruit
 Salad Bar **15**

Cheesy Garlic Bread
 French Fries
 Marinara
 Fresh Fruit
 Salad **16**

Chili, Chips & Cheese
 Corn on the Cob
 Fresh Fruit
 Salad Bar **19**

1/2 Day **20**

**CHRISTMAS
 BREAK** **21**

**CHRISTMAS
 BREAK** **22**

**CHRISTMAS
 BREAK** **23**

**CHRITMAS
 BREAK** **26**

**CHRISTMAS
 BREAK** **27**

**CHRISTMAS
 BREAK** **28**

**CHRISTMAS
 BREAK** **29**

**CHRISTMAS
 BREAK** **30**

