

# DECEMBER 2022

## Hancock County Middle/High

### 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

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

Sausage Biscuit **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, Eggs **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

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

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

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

French Toast Sticks **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 Iced Coffee **20**  
 Assorted Cereal  
 Fruit Variety & Juice  
 1% or Fat Free Milk

**CHRISTMAS **21****  
**BREAK**

**CHRISTMAS **22****  
**BREAK**

**CHRISTMAS **23****  
**BREAK**

**½ DAY**

**CHRISTMAS **26****  
**BREAK**

**CHRISTMAS **27****  
**BREAK**

**CHRISTMAS **28****  
**BREAK**

**CHRISTMAS **29****  
**BREAK**

**CHRISTMAS **30****  
**BREAK**

# DECEMBER 2022

## Hancock County Middle/High

### LUNCH



**School Information:** School Information;  
**Daily Items:** Juice/Milk, Cereal, Pop-tarts,  
 Yogurt, Fruit, Salad Bar,  
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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



Crispy or Spicy Chicken Sandwich  
 Tater Tots  
 Corn  
 Fresh Fruit  
 Salad Bar **5**

Japanese  
 Fresh Fruit  
 Salad Bar **6**

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

Salisbury Steak  
 Breadstick w/Cheese  
 Peas  
 Fresh Fruit **1**

Pizza Curly Fries  
 Green Beans  
 Fresh Fruit  
 Salad Bar **2**

Hamburger  
 Curly Fries  
 Green Beans  
 Fresh Fruit  
 Salad Bar **12**

Chili, Chips & Cheese  
 Baked Potato  
 Corn on the Cob  
 Fresh Fruit  
 Salad Bar **13**

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

Soup Beans  
 Okra/Mustard Greens  
 Cornbread  
 Fresh Fruit  
 Salad Bar **8**

Ham or Turkey Hoagie  
 Baked Beans  
 Chips  
 Fresh Fruit  
 Salad Bar **9**

Crispy or Spicy Chicken Sandwich  
 Tater Tots  
 Corn  
 Fresh Fruit  
 Salad Bar **19**

**1/2 Day** **20**  
**No Lunch**

**CHRISTMAS** **21**  
**BREAK**

**CHRISTMAS** **22**  
**BREAK**

**CHRISTMAS** **23**  
**BREAK**

**CHRITMAS** **26**  
**BREAK**

**CHRISTMAS** **27**  
**BREAK**

**CHRISTMAS** **28**  
**BREAK**

**CHRISTMAS** **29**  
**BREAK**

**CHRISTMAS** **30**  
**BREAK**