

December 2017

Just A Dash Catering



School Information: Milk, PB&J, Fruit, & Salad Bar



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.



Monday

Tuesday

Wednesday

Thursday

Friday



Pizza Slice
Hummus
Red Peppers

1

Beef Hot Dog
Celery Sticks

4

Cheese Bread
Tomato Marinara
Carrot Sticks

5

Beef Enchilada
Greek Salad
(Feta/Black Olives/Tomatoes
Spinach)

6

Popcorn Chicken
Cucumbers

7

Pizza Slice
Hummus
Red Peppers

8

Chicken Nacho
Lettuce/Salsa
Tatar Tots

11

Cinnamon Texas Toast
Hash Browns
Turkey Sausage

12

Beef Pasta
Fresh Green Salad
(Romaine/Carrots/
Cucumbers)
Garlic Bread

13

Chicken Sandwich
Green Beans

14

Pizza Slice
Hummus
Red Peppers

15

BBQ Boneless Wing
Cucumbers
Hummus

18

Roasted Chicken
Creamy Pasta
Holiday Cookie
Carrot Sticks

19

Beef Taco
Lettuce/Salsa
Corn/Bell Peppers

20

Pizza Slice
Hummus
Red Peppers

21

No School

22

25

No School

26

No School

27

No School

28

No School

29

No School