

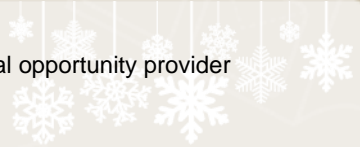
December 2017

Wichita Friends School



School Information:

This institution is an equal opportunity provider



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

Bread Sticks 1
 Marinara & Cheese Sauce
 Green Beans
 Pineapple

Soft Taco 4
 Peas
 Carrot Sticks
 Apples Slices
 White Cake

Weiner Wrap 5
 Tater Tots
 Banana
 Rice Krispie Treat

Hamburger & Bun 6
 French Fries
 Baked Beans
 Oranges

Popcorn Chicken 7
 Mashed Potatoes
 Corn
 Peaches
 Roll

Pizza Party! 8

Hot Ham & Cheese 11
 Seasoned Wedges
 Fresh Vegetables
 Pineapple

Hamburger Gravy 12
 Mashed Potatoes
 Corn
 Applesauce
 Roll

Spaghetti 13
 Tossed Salad
 Mixed Fruit

Chili Pie 14
 Carrot Sticks
 Oranges
 Cinnamon Roll

Grilled Cheese 15
 Buttered Potatoes
 Green Beans
 Banana

Ham Sandwich 18
 Sun Chips
 Dill Pickles
 Juice4U
 Apple Slices

Hot Dogs 19
 Chips
 Veggies

NO SCHOOL 20

NO SCHOOL 21

NO SCHOOL 22

NO SCHOOL 25

NO SCHOOL 26

NO SCHOOL 27

NO SCHOOL 28

NO SCHOOL 29