

DECEMBER 2023

Xavier High School

LUNCH



This institution is an equal opportunity provider.

Menu is subject to change.

Daily options: Salad bar, Deli Sandwiches and Walking Taco



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

Cheeseburger on WG Bun; Green Beans or fresh veg.; Pears or fresh fruit; Milk

1

Crispitos w/chili & Cheese sauce; Black beans or fresh veg.; Pears or fresh fruit; Milk

4

Sloppy Joes on WG Bun; French Fries or fresh veg.; Pineapple or fresh fruit; Milk

5

WG Corn Dog; Green Beans or fresh veg.; Peaches or fresh fruit; Milk

6

Chicken Patty on WG Bun; Romaine lettuce or fresh veg.; Mandarin Oranges or fresh fruit; Milk

7

Chili; Corn Bread Poppers; & Fresh veg.; Applesauce or fresh fruit; Milk

8

Chicken Quesadilla; Romaine lettuce or fresh veg.; Peaches or fresh fruit; Milk

11

WG Chicken Tenders; Bread & Butter; Corn or fresh veg.; Mandarin Oranges or fresh fruit; Milk

12

WG Pepperoni or Cheese Pizza; Peas or fresh veg.; Applesauce or fresh fruit; Milk

13

Chicken & Gravy on Mashed Potatoes; Bread & Butter; Carrots or fresh veg.; Milk

14

WG French toast Sticks; Sausage patty; Hash brown or fresh veg.; Pineapple or fresh fruit; Milk

15

BBQ Pork on WG Bun; Broccoli w/cheese sauce or fresh veg.; Pineapple or fresh fruit; Milk

18

Salisbury Steak; Bread & Butter; Mashed Potatoes/Gravy or fresh veg.; Peaches or fresh fruit; Milk

19

WG Cheeseburger on WG Bun; Sweet Potato Fries or fresh veg.; Applesauce or fresh fruit; Milk

20

WG Garlic Cheese Bread; Corn or fresh veg.; Pears or fresh fruit; Milk

21

**No Lunch
Early Dismissal
Christmas Break**

22

**No School
Christmas Break**

25

**No School
Christmas Break**

26

**No School
Christmas Break**

27

**No School
Christmas Break**

28

**No School
Christmas Break**

29