DECEMBER 2023 ST. JOSEPH CATHOLIC SCHOOL





School Information: Little Lambs - 5th Grade: 11:00AM

6th-8th Grades: 11:30AM Price per tray with milk: \$4.00 Milk only: 25¢



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

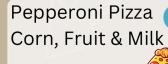
FRIDAY

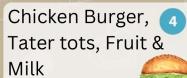


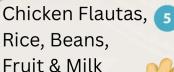




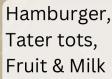










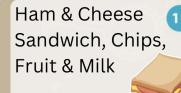




Hot dog or Chili Cheese Dog Chips, Fruit & Milk











Hamburger, Tater tots, Fruit & Milk



Hot dog or Chili Cheese Dog Chips, Fruit & Milk





Christmas Break - No School

lasses Resume January 3, 20