

# DECEMBER 2022

## Isanti Community Schools

### LUNCH



Note: Due to the unavailability of certain items, menus are subject to change without notice. We appreciate your patience and understanding and look forward to serving the nutritional needs of our students.



**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.

\*\*\*All Meals are served with milk. A salad bar is provided daily for lunch.



### MONDAY



**B:** Breakfast Sandwich **5**  
**L:** Hamburger Steak and Mashed Potatoes with Gravy

### TUESDAY

**B:** Omelets and Toast **6**  
**L:** Grilled Chicken Sandwich and Mac-n-cheese

### WEDNESDAY



**B:** Cinnamon Roll and Fruit **7**  
**L:** Nacho Bar and Rice

### THURSDAY

**B:** Oatmeal and Toast **1**  
**L:** Spaghetti and Garlic Bread

### FRIDAY

**B:** Cereal and Donuts **2**  
**L:** Ham and Bean Soup and Chicken Sliders

**B:** Biscuit and Gravy **12**  
**L:** Pizza and Break Sticks  
**Holiday Concert**

**B:** Egg Bake and Toast **13**  
**L:** Tater-Tot Casserole  
**National Cocoa Day**

**B:** French Toast with Sausage **14**  
**L:** Baked Chicken with Mashed Potatoes and Gravy

**B:** Breakfast Burrito **15**  
**L:** Pulled Pork and Chips

**B:** Cereal and Donuts **16**  
**L:** Grilled Cheese and Tomato Soup

**B:** Breakfast Sandwich **19**  
**L:** Goulash and Garlic Bread

**B:** Cereal and Donuts **20**  
**L:** Chili and Hot Dogs

NO SCHOOL  
WINTER BREAK **21**

NO SCHOOL  
WINTER BREAK **22**

NO SCHOOL  
WINTER BREAK **23**

NO SCHOOL  
WINTER BREAK **26**

NO SCHOOL  
WINTER BREAK **27**

NO SCHOOL  
WINTER BREAK **28**

NO SCHOOL  
WINTER BREAK **29**

NO SCHOOL  
WINTER BREAK **30**