

DECEMBER 2023

Lummi Nation School

BREAKFAST



School Information:



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

1

French toast w/sausage
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

4

Hot or cold cereal
Muffins
Berry parfaits
Bagels w/ cream cheese
Fresh fruit
Milk

5

Potato bowl; egg,
bacon. Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

6

Pancakes w/ sausage
Applesauce cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

7

Breakfast burrito
Eggs, potatoes, chorizo
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

8

Waffles w/ sausage
Strawberry cup
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

11

Hot or cold cereal
Banana bread
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

12

National Cocoa Day
Scrambled eggs w/
cheese, hashbrowns,
toast. Yogurt cup
Bagels w/ cream cheese
Fresh fruit, Milk

13

Hot or cold cereal
Toast
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

14

Fish hash
Toast, hardboiled egg
Yogurt cup
Bagels w/ cream cheese
Fresh fruit
Milk

15

18

19

20

21

22

25

26

27

28

29



School Information:



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



Chili Mac & Roll
Sandwiches
Salad Bar
Fresh fruit
Milk

4

Pizza, calzone
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

5

Chicken drumsticks
Mac & Cheese w/ a roll
Sandwiches
Salad bar
Fresh fruit
Milk

6

Bean & cheese burritos
Spanish rice w/ Fritos
Sandwiches
Salad bar
Fresh fruit
Milk

7

Corn dog's w/ chips
Sandwiches
Salad bar
Fresh fruit
Milk

8

Spaghetti w/ a roll
Corn
Sandwich
Salad bar
Fresh fruit
Milk

11

Pizza, Calzone
Pretzel w/ cheese
Sandwiches
Salad bar
Fresh fruit
Milk

12

National Cocoa Day
Popcorn chicken
Mashed potatoes
Sandwiches
Salad bar
Fresh fruit
Milk

13

Chicken & Waffles
Biscuits & gravy
Scrambled eggs,
Potatoes, sausage, ham
Fresh fruit, cookies,
cinnamon roll, Milk

14

Hamburger w/ tots
Sandwiches
Salad bar
Fresh fruit
Milk

15

18

19

20

21

22

25

26

27

28

29