

December 2019

HOLMES COUNTY HIGH SCHOOL

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



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.

Reference: USDA MyPlate



Monday

Chicken Nuggets
Mash Potatoes
Broccoli
Roll (HS)

2

Tuesday

Hamburger
Fries
Lettuce/Tomato

3

Wednesday

Beef Nacho
Tortilla Chips
Corn
Side Salad

4

Thursday

Chicken Noodle
Peas & Carrots
Side Salad
WGR Roll
Pudding (HS)

5

Friday

Corn Dog
Mac & Cheese
Baked Beans
Carrot Sticks

6

Chicken Sandwich
Fries
Lettuce/Tomato
Pudding (HS)

9

Christmas Lunch
Turkey
Mash Potatoes
Green Beans
WGR Roll Fruit Pies

10

Burrito
Corn
Side Salad
Pudding (HS)

11

Stuff Crust Pizza
Side Salad
Broccoli

12

Chicken & Waffle
Baked Beans
Carrot Sticks
Chips (HS)

13

Chicken Nuggets
Mash Potatoes
Broccoli
Roll (HS)

16

Hamburger
Fries
Lettuce/Tomato

17

Taco Salad
Tortilla Chips
Corn
Lettuce
Pudding (HS)

18

Cherry Blossom Chicken
Oriental Rice
Side Salad
Pudding (HS)

19

Hot Dog
Doritos
Baked Beans
Carrot Sticks

20

NO SCHOOL

23

CHRISTMAS BREAK

NO SCHOOL

24

CHRISTMAS BREAK

NO SCHOOL

25

CHRISTMAS BREAK

NO SCHOOL

26

CHRISTMAS BREAK

NO SCHOOL

27

CHRISTMAS BREAK

NO SCHOOL

30

CHRISTMAS BREAK

NO SCHOOL

31

CHRISTMAS BREAK

