

December 2017

Georgia school for the Deaf



School Information:

Winter Break
December 15- January 2



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

Hot Calzones with Cheese Or Chicken Sandwich with Mayonnaise and Mustard Lettuce and Tomatoes. Cool Ranch Doritos, Celery with Ranch for dipping. Fresh Melon. Assorted Milk, Juice and Water **1**

BBQ Pulled Pork with Roll, Turkey Wraps or Soy PB&J. Baked Beans and Sweet Peas & Carrots, Side Mixed Salad with Tomatoes and Carrots. Fresh Red Grapes and Mix Fruit Cups. Assorted Milks and Water. **4**

Shepherd's Pie with Yeast Rolls, Chicken Fingers or Soy PB&J. Steamed Broccoli and Mashed Potatoes, Side Mixed Salad with Carrots and Cucumbers. Fresh Oranges and Sliced Peaches. Assorted Milks and Water **5**

Pizza, Grilled Chicken Breast With rolls, or Soy PB&J. Corn and Green Beans, Side Mixed Salad with Broccoli and Tomatoes. Fresh Green Apples and Sliced Pineapple. Assorted Milks and Water. **6**

Creamy Chicken and Rice With Garlic Bread, Turkey Wrap or Soy PB&J. Mixed Veggies and Tater Tots. Side Mixed Salad with cucumbers and Carrots. Fresh Strawberries and Mandarin Oranges Assorted Milks and Water **7**

Ham Panini's With Mayo. And Mustard, Lettuce and Tomatoes, BBQ Chips and Carrots with Ranch For Dipping, Fresh Sliced Apples. Assorted Milks, Juice and Water **8**

Chicken Fajitas with Tortilla Or Grilled BBQ Chicken, Soy BB&J, Corn, Winter Mixed Veggies, Side Mixed Salad With Tomatoes and Carrots, Ranch Dressing, Fresh Red Grapes and Peaches. Assorted Milks, and Water **11**

Mandarin Chicken with Egg rolls or Chicken Nugget. Ham Sandwich, Baked Beans, Broccoli, Side Mixed Salad with Carrots and Celery, Ranch Dressing, Fresh strawberries and Pineapple. Assorted milks, Water **12**

Apple Wood Smoked Ham, Green beans, Corn or Cobb, Sweet potato Casserole, Fried Okra, Warm buttered yeast Roll, Cherry Pie, Mixed Side Salad Fresh Assorted Fruit, Assorted Milk and Juice, Water. **13**

Turkey Sub Sandwiches with Mayonnaise and Mustard Lettuce and Tomatoes. Sour Cream and Onion Chips, Carrots with ranch for dipping, Whole Red Apples, Assorted Milk, Juice and Water. **14**

No School 15
Winter Holiday Break

No School 18

No School 19

No School 20

No School 21

No School 22

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Winter Holiday Break

No School 25

No School 26

No School 27

No School 28

No School 29

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