

# What's on the Menu?

AOD School Food Program K-8 – Breakfast Menu  
St. Edward on the Lake Catholic School



December 2024

| Monday                                                                                  | Tuesday                                                                              | Wednesday                                                                         | Thursday                                                                            | Friday                                                                                     |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>Nutrigrain Bar</b> <sup>2</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit  | <b>BeneFit Bar</b> <sup>3</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit  | <b>Pop Tart</b> <sup>4</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit  | <b>Cereal Bar</b> <sup>5</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit  | <b>Cereal Bowl</b> <sup>6</sup><br>String Cheese or Yogurt<br>Fresh Fruit or Cupped Fruit  |
| <b>Nutrigrain Bar</b> <sup>9</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit  | <b>BeneFit Bar</b> <sup>10</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit | <b>Pop Tart</b> <sup>11</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit | <b>Cereal Bar</b> <sup>12</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit | <b>Cereal Bowl</b> <sup>13</sup><br>String Cheese or Yogurt<br>Fresh Fruit or Cupped Fruit |
| <b>Nutrigrain Bar</b> <sup>16</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit | <b>BeneFit Bar</b> <sup>17</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit | <b>Pop Tart</b> <sup>18</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit | <b>Cereal Bar</b> <sup>19</sup><br>String Cheese or Yogurt<br>Fresh or Cupped Fruit | <b>Cereal Bowl</b> <sup>20</sup><br>String Cheese or Yogurt<br>Fresh Fruit or Cupped Fruit |
| <b>NO CLASSES</b> <sup>23</sup>                                                         | <b>NO CLASSES</b> <sup>24</sup>                                                      | <b>NO CLASSES</b> <sup>25</sup>                                                   | <b>NO CLASSES</b> <sup>26</sup>                                                     | <b>NO CLASSES</b> <sup>27</sup>                                                            |
| <b>NO CLASSES</b> <sup>30</sup>                                                         | <b>NO CLASSES</b> <sup>31</sup>                                                      |                                                                                   |                                                                                     |                                                                                            |

## Join Us for Breakfast

Studies show that breakfast can support a student's learning throughout the day, leading to increased focus, fewer absences, and better test scores



All meals served with milk.



# What's on the Menu?

AOD School Food Program K-8 – Lunch Menu  
St. Edward on the Lake Catholic School

December 2024

| Monday                                                                                                  | Tuesday                                                                                                                             | Wednesday                                                                                                            | Thursday                                                                                                                                                                         | Friday                                                                                     |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <p>2</p> <p><b>Beef Hot Dog on a Bun</b><br/>French Fries<br/>Baked Beans<br/>Applesauce</p>            | <p>★</p> <p>3</p> <p><b>Crispy Chicken Sandwich</b><br/>Seasoned Broccoli<br/>Mixed Fruit</p>                                       | <p>4</p> <p><b>Cheeseburger</b><br/>Spiral Fries<br/>Mixed Vegetables<br/>Fresh Cantaloupe<br/>Baked Cookie 🍪</p>    | <p> 5</p> <p><b>Homemade Beef Lasagna</b><br/>Breadstick<br/>Garden Salad<br/>Fresh Apple</p> | <p>6</p> <p><b>Cheesy French Bread Pizza</b><br/>Fresh Carrot Sticks<br/>Fresh Grapes</p>  |
| <p>9</p> <p><b>Grilled Cheese Sandwich</b><br/>Tomato Soup<br/>Seasoned Corn<br/>Diced Strawberries</p> | <p>★</p> <p>#TacoTuesday</p> <p>10</p> <p><b>Beef Nachos</b><br/>Salsa<br/>Refried Beans<br/>Shredded Romaine<br/>Sliced Apples</p> | <p>#BrunchforLunch</p> <p>11</p> <p><b>Sausage, Egg &amp; Cheese on a Biscuit</b><br/>Tater Tots<br/>Diced Pears</p> | <p>12</p> <p><b>Chicken Nuggets</b><br/>Broccoli with Cheese<br/>Fresh Cantaloupe<br/>Cubes</p>                                                                                  | <p>13</p> <p><b>Macaroni and Cheese</b><br/>Dinner Roll<br/>Green Beans<br/>Applesauce</p> |
| <p>16</p> <p><b>Bosco Sticks</b><br/>Marinara Sauce<br/>Carrot &amp; Celery Sticks<br/>Applesauce</p>   | <p>★</p> <p>17</p> <p><b>Chicken Tenders</b><br/>Mashed Potatoes<br/>Seasoned Corn<br/>Fresh Grapes</p>                             | <p>18</p> <p><b>Cheeseburger w/ Turkey Bacon</b><br/>Baked Beans<br/>French Fries<br/>Fresh Banana</p>               | <p>#BrunchforLunch</p> <p>19</p> <p><b>Mini Maple Pancakes</b><br/>Sausage Patty<br/>Seasoned Broccoli<br/>Fresh Cantaloupe<br/>Cubes</p>                                        | <p>20</p> <p>½ Day</p>                                                                     |
| <p>23</p> <p><b>NO CLASSES</b></p>                                                                      | <p>24</p> <p><b>NO CLASSES</b></p>                                                                                                  | <p>25</p> <p><b>NO CLASSES</b></p>                                                                                   | <p>26</p> <p><b>NO CLASSES</b></p>                                                                                                                                               | <p>27</p> <p><b>NO CLASSES</b></p>                                                         |
| <p>30</p> <p><b>NO CLASSES</b></p>                                                                      | <p>31</p> <p><b>NO CLASSES</b></p>                                                                                                  |                                  |                                                                                                                                                                                  |                                                                                            |



## Specials



Global Eats turns food into a worldly adventure!  
For the Month of December, we'll be traveling to Italy! Come Join Us!  
**Global Eats – Italy**  
**Thursday, December 5, 2024**

**Featuring : Homemade Lasagna**



## Daily Offerings

**Entrée #2**  
Garden Salad w/Chicken & Pita Bread

**Entrée #3**  
Soy Butter & Grape Jelly

Fruit, Milk and Vegetables available daily with all entrées

\*School **Must** offer all **5** components (Protein, Grain, Fruit, Veggie and 1% Milk)

\*Students **MUST** choose **3** or more components – 1 component **MUST** at least be ½ cup fruit & or Vegetable