

December 2024

Drinks: 1% white milk, skim chocolate milk, juice offered with breakfast, serving sizes dependent on grade level

HENDERSON COLLEGIATE

3 Schools, 1 Mission: COLLEGE

Climbing the Mountain to and through College

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Weekend	2 B: Chocolate Muffin, Fruit L: Hamburgers, Bun, Mixed Greens Salad, Cherry Tomatoes, Fruit	3 B: Cereal, Fruit (ES) Granola & Yogurt (MS/HS) L: Hot Dogs/Buns, Cole Slaw, Carrots, Fruit	4 B: Super Donut, Fruit L: Chicken Pattie, Bun, Celery, Potato Salad, Fruit	5 B: Cinnamon Roll, Fruit L: Pepperoni Pizza (MS/HS) Hamburger/Bun (ES), Mixed Green Salad, Tomatoes, Fruit	6 B: Pop tarts, Fruit L: PB&J, Deli Sandwich, Carrots, Celery, Fruit	Weekend
8 Weekend	9 B: Blueberry Muffin, Fruit L: Country Fried Steak, Bun, Macaroni & Cheese, Tomatoes, Fruit	10 B: Nutra Grain Bars, Fruit L: Boneless Ribs/ Bun, Mixed Greens Salad, Potato Salad, Fruit	11 B: Cinnamon. Roll, Fruit L: Corn Dogs, Cole Slaw, Carrots, Fruit	12 B: Super Donuts, Fruit L: Cheese Pizza (HS/MS), Hamburger, Bun (ES), Mixed Green Salad, Celery, Fruit	13 B: Banana Muffins, Fruit L: Deli Sandwich, PB&J, Broccoli, Tomatoes, Fruit	Weekend
15 Weekend	16 B: Nutra Grain Bars, Fruit L: Hot Dogs/Bun, Celery, Cole Slaw, Fruit	17 B: Super Donuts, Fruit L: Cheese Pizza (HS/MS) Hamburgers/Bun (ES), Mixed Green Salad, Carrots, Fruit	18 B: Cereal, Yogurt, Granola, Fruit L: Chicken Salad/ Bun, Mixed Greens Salad, Tomatoes, Fruit	19 B: Chocolate Muffins, Fruit L: Deli Sandwich, PB&J, Carrots, Celery, Fruit	20 B: Cinnamon Roll, Fruit L: PB&J, Deli Sandwich, Celery, Broccoli, Fruit	Weekend
22 Weekend	23 Winter Break	24 Winter Break	25 Winter Break	26 Winter Break	27 Winter Break	Weekend
29 Weekend	30 Winter Break	31 Winter Break				

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