

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	School Information: • December 19-January 3 – Christmas / New Year’s Holidays		Turkey Pot Pie Stewed Squash Green Lima Beans Honey Wheat Roll Fresh Fruit Assorted Milk	Deluxe Hamburger with Lettuce and Tomato French Fries Pickle Spear Fruit / Cookie Assorted Milk
	Crispito Spanish Rice California Mixed Veggies Fruit Cup with Whipped Topping Assorted Milk	Chicken Parmesan Hashbrown Casserole Italian Green Beans Wheat Roll Fresh Fruit Assorted Milk	Ham and Cheese Bake Turnip Greens Black-Eyed Peas Fresh Fruit Cornbread Assorted Milk	Hamburger Crumbles and Gravy Creamed Potatoes Buttered Corn / Wheat Roll Fresh Fruit Salad Assorted Milk
Grilled Chicken Sandwich Potato Salad Green Beans Fruit Assorted Milk	Taco Salad with Tortilla Chips Refried Beans Mexican Rice Fresh Fruit Assorted Milk	Chicken and Rice Baby Green Limas Romaine Salad Fresh Fruit Cornbread Assorted Milk	BBQ Sandwich Country Baked Beans Coleslaw Fresh Fruit Assorted Milk	Hotdog Baked Chips Fruit Cookie Assorted Milk
19	20	21	22	23
Christmas Holidays				
26	27	28	29	30
Christmas Holidays				

NUTRITION TIP: Lactose Intolerance

- About 1 in 4 Americans is lactose intolerant.¹
- Yogurt contains live and active cultures to help break down lactose in dairy.
- The American Academy of pediatrics recommend yogurt as a dairy product for children with lactose intolerance.²

Menu may vary due to availability of food.

Equal Opportunity Policy: It is the official policy of Covington County School System that no person shall, on the ground of race, sex, religion, color, creed, national origin, handicap, or age, be excluded from participation in, be denied the benefits of or be subjected to discrimination under any program, activity, or employment. Inquiries of complaints regarding compliance with federal regulations may be directed to Ricky Messick, Covington County Board of Education, 807 C.C. Baker Avenue, Andalusia, AL. 36420, (334) 222-7571.