

# DECEMBER 2023

## Maysville Public School

### LUNCH



**School Information:** Kristy McGowen @405-867-5550 or [mcgowenk@maysvillek12.ok.us](mailto:mcgowenk@maysvillek12.ok.us)  
**This Institution is An Equal Opportunity Provider.**



**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.



#### MONDAY



#### TUESDAY

**Note: Chefs Choice could be anything from hot dogs, pizza, corn dogs, pizza. Fast food Items.**

#### WEDNESDAY



#### THURSDAY

**Note: Chicken Chicken stripes, Chicken Sandwiches, Nuggets etc..**

#### FRIDAY

Chicken  
Veggie  
Fruit  
Sweet Treat  
Milk

4

Soft Tacos  
Corn  
Fruit  
Sweet Treat  
Milk

5

Beef Stew  
Cornbread w/butter  
Fruit  
Sweet Treat  
Milk

6

Hot Ham & Cheese  
Sandwiches  
Chips  
Pickle  
Fruit/Milk

7

Chefs Choice

8

Chicken Wraps  
Veggie  
Fruit  
Sweet Treat  
Milk

11

Hamburgers w cheese  
Pickles  
Chips  
Fruit  
Milk

12

**National Cocoa Day**  
Breakfast for Lunch  
Pancake, Sausage, Eggs  
Fruit  
Milk

13

Burritos  
Veggie  
Fruit  
Sweet Treat  
Milk

14

Chefs Choice

15

Christmas Break

18

Christmas Break

19

Christmas Break

20

Christmas Break

21

Christmas Break

22

Christmas Break

25

Christmas Break

26

Christmas Break

27

Christmas Break

28

Christmas Break

29