

# December 2023

## Heartland Therapeutic & Children's Square Council Bluffs School District

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### DID YOU KNOW?

December is the last month in the Gregorian calendar. Its name is based on the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year. In the Northern Hemisphere December has the shortest daylight hours and marks the beginning of winter.

Cereal- Poptart **4**  
\*Turkey & Cheese- Bun  
Carrot-Broccoli  
Applesauce Cup  
Craisins  
Sun Chips

Cereal, Oat Bar **5**  
\*Hotdog- Bun  
Corn  
Broccoli  
Peaches  
Fresh Fruit

Blueberry Bagel **6**  
\*Walking Tacos  
Refried Beans  
Broccoli-Carrots  
Fresh Orange Wedge  
Raisins

Cereal, Trix Bar **7**  
\*Chili-Cinnamon Roll  
Green Beans  
Cauliflower  
Mixed Berry & Lemon  
Frozen Cup  
Craisins

Cereal Muffin Top **8**  
\*Cherry Blossom Chicken  
w/Veggie Fried Rice  
Warm Carrot Coins  
Celery  
Mandarin Oranges  
Raisins  
Sun Chips

Cereal, Nutrigrain Bar **11**  
\*Ham & Cheese- Bun  
Cucumbers  
Broccoli  
Sealed Fruit Cup  
Craisins  
Lemon Blueberry Crackers

Chocolate Mini Donut **12**  
\*Corndog  
Green Peas  
Carrots  
Peaches  
Raisels

Cereal, Oat Bar **13**  
\*Chicken Drumstick- Roll  
Mashed Potatoes-Gravy  
Cherry Tomatoes  
Cherry Frozen Cup  
Whole Fruit

Cereal, Cherry  
Chocolate Bar **14**  
\*Chicken Tenders- Roll  
Baked Beans  
Carrots  
Banana  
Craisins

Banana Bread **15**  
\*Fish Square- Bun  
Tossed Spinach Salad  
Carrots  
Strawberry Fruit Cocktail  
Fresh Fruit

Blueberry Donut Hole **18**  
\*Cowboy Hoagie  
Broccoli-Carrots  
Apple Slices  
Craisins  
Scooby Snacks

Cereal, Trix Bar **19**  
\*Ham, Egg & Cheese  
Breakfast Sandwich  
Corn  
Cucumbers-Carrots  
Pineapple  
Raisels

**20**  
NO SCHOOL

**21**  
NO SCHOOL

**22**  
NO SCHOOL

**25**  
NO SCHOOL

**26**  
NO SCHOOL

**27**  
NO SCHOOL

**28**  
NO SCHOOL

**29**  
NO SCHOOL

Cereal, Muffin **1**  
\*Pork Choppette- Bun  
Corn  
Celery Sticks  
Fresh Fruit  
Raisins

We asked and over 400 students voted!  
December is FULL of student lunch favorites such as:  
\*Turkey & Cheese- Bun  
\*Egg Omelet- French Toast Sticks  
\*Walking Tacos  
\*Chili- Cinnamon Roll  
\*Cherry Blossom Chicken- Veggie Fried Rice

Find those and other lunch favorites on the menu this month.

\*Milk Offered Daily  
\*Menu Subject to Change Without Notice  
\*This Institution is an Equal Opportunity Provider  
\*Council Bluffs Schools Participates in the Fresh Fruit and Vegetable Program