



ENDEAVOR HALL LUNCH MENU

DECEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12/1 Roll Taquitos Corn Garden Salad Fruit Cocktail Fresh Fruit	12/2 BBQ Ribblets Celery Sticks Tater Puffs Applesauce Fresh Fruit	12/3 Deli Sandwich Snack Coleslaw Baby Carrots Pears Fresh Fruit
12/6 Chicken Strips Dinner Roll Baby Carrots Mash Potatoes Pears Fresh Fruit	12/7 Hamburger Baked Beans Tater Puffs Peaches Fresh Fruit	12/8 Teriyaki Chicken Brown Rice Fortune Cookie Roasted Broccoli Tossed Salad Fruit Cocktail Fresh Fruit	12/9 Bean and Cheese Burrito Romaine/Spinach Salad Corn Applesauce Fresh Fruit	12/10 Deli Sandwich Snack Happy Veggie Bowl Pears Fresh Fruit
12/13 Chicken Sandwich Baby Carrots Mash Potatoes Pears Fresh Fruit	12/14 Pizza Ripper Roasted Broccoli Tossed Salad Peaches Fresh Fruit	12/15 Meat Nachos Snack Romaine/Spinach Salad Kidney Beans Fruit Cocktail Fresh Fruit	12/16 Hot Dog Tater Puff Baked Beans Applesauce Fresh Fruit	12/17 Deli Sandwich Snack Coleslaw Baby Carrots Pears Fresh Fruit
"This Institution is an Equal Opportunity Provider"				All Meals Include Milk.

*Fresh Fruit Offered: Apples, Bananas, Grapes, Oranges, and Pears.

*Menu Items are subject to change.

Proud Sponsor of NSBP & NSLP. Please apply at endeavorhall.org or the front office.



Being Healthy Is as Simple as...

A

Always Active

- Be active, sit less
- Play or walk outside
- Work around the house
- Enjoy a sport!

B

Beverage Better

- Drink plenty of water every day
- Limit sugary beverages like soda, sports drinks and punch

C

Choose Calorie-Wise

- Cut back on fat and sugar
- Make your grains whole
- Eat more fruits and veggies
- Choose lean protein
- Pour skim milk