



DECEMBER 2018 BREAKFAST AND LUNCH MENU

ELEMENTARY BREAKFAST: Paid student meal \$1 // reduced student meal \$0.20 // adult/visitor lunch \$2

ELEMENTARY LUNCH: Paid student meal \$2.25 // reduced student lunch \$0.40 // adult/visitor lunch \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Pancakes 3 Nachos w/ Baked Tostitos Breaded Chicken Sandwich Baby Carrots Charro Beans Frozen Peach Cup <i>Jumping Jacks</i>	Whole Wheat Cinnamon Roll 4 Pulled Pork Sandwich Chicken Tenders Garden Salad Whole Kernel Corn Mandarin Oranges Wheat Roll <i>High Knee Punch</i>	Sausage & Cheese Biscuit Sausage Biscuit 5 Cheese or Sausage Pizza Turkey Hot Dog Garden Salad Seasoned Green Beans Peach Cobbler <i>Standing Abs</i>	Ham & Cheese Croissant Cheese Croissant 6 Orange Chicken & Lo Mein Hamburger or Cheeseburger Garden Salad Mixed Vegetables Fresh Mixed Fruit Veggie Egg Roll <i>Partner</i>	Sausage & Cheese or Pepper Jack Cheese Kolache 7 Chicken Alfredo Mini Corn Dogs Garden Fresh Broccoli Salad Garden Salad Fresh Pineapple Chunks <i>One Legged Marathon</i>
French Toast 10 Cheese Enchiladas Breaded Chicken Sandwich Baby Carrots Charro Beans Frozen Peach Cup <i>Burpees</i>	Whole Wheat Cinnamon Roll 11 Chicken Chunks Hamburger or Cheeseburger Cole Slaw Whole Kernel Corn Fresh Apple Slices Banana Bread <i>Planks In and Out</i>	Sausage & Cheese English Muffin 12 Mini Pizza Bagels Meatball Sub Garden Salad Seasoned Green Beans Mandarin Oranges <i>Kick Walk</i>	Blueberry Banana Muffin 13 Chicken Teriyaki & Stir Fried Rice Hamburger or Cheeseburger Fresh Broccoli Garden Salad Fresh Grapes Veggie Egg Roll <i>Family Game</i>	Sausage & Cheese or Pepper Jack Cheese Kolache 14 Steak Fingers Turkey Hot Dog Garden Salad Mashed Potatoes Diced Pears <i>Side Lunges</i>
Mini Pancakes 17 Nachos w/ Baked Tostitos Breaded Chicken Sandwich Baby Carrots Charro Beans Sliced Peaches <i>Jump Rope</i>	Whole Wheat Cinnamon Roll 18 Cheese Stuffed Breadsticks Chicken Tenders Garden Salad Whole Kernel Corn Orange Smiles <i>Family Adventure</i>	Sausage & Cheese Biscuit Sausage Biscuit 19 Cheese or Turkey Pepperoni Pizza Hamburger or Cheeseburger Carrot & Broccoli Slaw Fresh Cucumber Slices Fresh Berries <i>Create</i>	Ham & Cheese Croissant Cheese Croissant 20 Spaghetti & Meatballs Turkey Hot Dog Fresh Broccoli Garden Salad Mixed Fruit Wheat Roll <i>Tape It Front</i>	Peach Kolaches 21 Macaroni & Cheese Fish Nuggets Garden Salad Seasoned Green Beans Mandarin Oranges Wheat Roll <i>Triathlon</i>
24 SCHOOL HOLIDAY <i>Get Outside and Get Moving!</i>	25 SCHOOL HOLIDAY <i>Get Outside and Get Moving!</i>	26 SCHOOL HOLIDAY <i>Get Outside and Get Moving!</i>	27 SCHOOL HOLIDAY <i>Get Outside and Get Moving!</i>	28 SCHOOL HOLIDAY <i>Get Outside and Get Moving!</i>
31 SCHOOL HOLIDAY <i>Get Outside and Get Moving!</i>				

A complete breakfast includes:

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white or fat free chocolate milk

Daily Breakfast Features

- Yogurt & Rockin' ola granola
- Whole grain cereal (Not available at some schools)
- Assorted fruit bowl
- 100% fruit juice
- 1% white or fat free chocolate milk

A complete lunch includes:

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white or fat free chocolate milk

Daily Lunch Features

- Hummus & pita bread entrée
- Yogurt, granola and string cheese
- Sunbutter & jelly entrée
- Turkey & cheese or turkey, ham & cheese on hoagie
- Assorted fruit bowl

Fresh Entrée Salads

- Monday: egg & bacon spinach salad
 - Tuesday: chef's salad
 - Wednesday: cranberry apple salad
 - Thursday: southwest chicken salad
 - Friday: mandarin chicken salad
- Grilled Chicken Caesar Salad served daily.*

GARDEN FRESH HARVEST OF THE MONTH

BROCCOLI

Part of the dark-green vegetable family, a unique group of vegetables that contain antioxidants which protect cells and play roles in blocking the early stages of cancer.

Great source of fiber to keep your digestive tract healthy.

Excellent source of vitamin K, vitamin C, and folate, which help to keep you strong and healthy.

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Menus subject to change without notice due to price and availability of food.