



DECEMBER 2018 BREAKFAST AND LUNCH MENU

MIDDLE SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2

MIDDLE SCHOOL LUNCH: Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Pancakes Sausage & Cheese Kolache Fruit & Yogurt Parfait 3	French Toast Sausage & Cheese or Sausage Biscuit Fruit & Yogurt Parfait 4	Turkey Chorizo & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 5	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 6	Sausage & Cheese or Sausage Croissant Egg, Bacon & Cheese English Muffin Fruit & Yogurt Parfait 7
Fish Tacos Charro Beans Tossed Salad Sliced Peaches	Meatball Sub Diced Carrots Tossed Salad Mandarin Oranges	Chimichurri Chicken w/ Tortilla Cilantro Rice Seasoned Black Beans Tossed Salad Fresh Pineapple Chunks	Chicken Teriyaki w/ Stir Fried Rice Cran Apple Spinach Salad Zucchini Veggie Egg Roll Fresh Diced Apples	Spaghetti & Meatballs Cy-Fair Garden Fresh Roasted Broccoli Tossed Salad Fresh Cantaloupe Chunks Garlic Roll
French Toast Sausage & Cheese Kolache Fruit & Yogurt Parfait 10	Mini Pancakes Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait 11	Turkey Bacon & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 12	Blueberry Banana Muffin Chicken Biscuit Fruit & Yogurt Parfait 13	Peach Kolaches Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait 14
Chorizo Mac & Cheese Seasoned Peas Tossed Salad Frozen Peach Cup	Pulled Pork BBQ Sandwich Baked Beans Broccoli Salad Fresh Diced Apples	Nachos Charro Beans Tossed Salad Fresh Pineapple Chunks	Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Veggie Egg Roll Mandarin Oranges	Lasagna Seasoned Green Beans Tossed Salad Diced Peas Garlic Roll
Mini Pancakes Sausage & Cheese Kolache Fruit & Yogurt Parfait 17	Blueberry Banana Muffin Sausage & Cheese or Sausage Biscuit Fruit & Yogurt Parfait 18	Turkey Chorizo & Egg Breakfast Taco Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 19	Ham & Cheese or Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 20	French Toast Sausage & Cheese or Sausage Croissant Fruit & Yogurt Parfait 21
Steak Fingers Mashed Potatoes Tossed Salad Mandarin Oranges Wheat Roll	Korean BBQ Oven Roasted Chicken Kimchi Slaw Diced Carrots Fresh Pineapple Chunks Wheat Roll	Cheese Enchiladas Seasoned Black Beans Tossed Salad Fresh Mixed Fruit	Chicken Teriyaki w/ Stir Fried Rice Spicy Spinach Salad Mixed Vegetables Veggie Egg Roll Fresh Diced Apples	Fish Sticks Steamed Broccoli Tossed Salad Sliced Peaches Garlic Roll
24	25	26	27	28
SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
31				
SCHOOL HOLIDAY				

Breakfast

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
- 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

Lunch

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.*

Daily Lunch Features

- Hummus & pita bread entrée
- Turkey & cheese or turkey, ham & cheese on hoagie
- Assorted fruit bowl



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 due to price & availability of food.