



# DECEMBER 2018 BREAKFAST AND LUNCH MENU

PRE-K BREAKFAST: Paid student meal \$1 // reduced student meal \$0.20 // adult/visitor lunch \$2

PRE-K LUNCH: Paid student meal \$2.25 // reduced student lunch \$0.40 // adult/visitor lunch \$3.50

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

**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:**

- Entrée
- 1 fruit
- 2 vegetables
- 1% white milk

**Vegetarian Lunch Option**

- Hummus & pita bread entrée

**Daily Lunch Options**

- 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 without notice due to price and availability of food.\*