



# DICIEMBRE 2018 MENÚ DE DESAYUNOS Y ALMUERZOS

DESAYUNO DE PRE-K: Precio regular \$1 // Precio reducido \$0.20 // Precio adulto/visitante \$2

ALMUERZO DE PRE-K: Precio regular \$2.25 // Precio reducido \$0.40 // Precio adulto/visitante \$3.50

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3 Acho con oio horneado anahoria rijole harro opa de dura no  Jumping Jacks	4 Tenders de pollo Ensalada mixta Maíz en grano Naranjas mandarinas  High Knee Punch	5 Pizza de queso Ensalada mixta Habichuelas verdes sazoadas Cobbler de durazno  Standing Abs	6 Ham & Cheese Croissant Cheese Croissant Hamburger Garden Salad Mixed Vegetables Fresh Mixed Fruit  Partner	7 Sausage & Cheese or Pepper Jack Cheese Kolache Mini Corn Dogs Garden Fresh Broccoli Salad Garden Salad Fresh Pineapple Chunks  One Legged Marathon
10 Enchiladas de queso anahorias rijoles Charro  Burpees	11 Hamburguesa con queso Ensalada de repollo Maíz en grano Rodajas de manzana fresca  Planks In and Out	12 Pizza Bagels mini Ensalada mixta Habichuelas verdes sazoadas Naranjas mandarinas  Kick Walk	13 Blueberry Banana Muffin Chicken Teriyaki & Stir Fried Rice Fresh Broccoli Garden Salad Fresh Grapes  Family Game	14 Sausage & Cheese or Pepper Jack Cheese Kolache Steak Fingers Garden Salad Mashed Potatoes Diced Pears  Side Lunges
17 Nachos con Tostitos horneados anahorias rijoles Charro uraznos rebanados  Jump Rope	18 Tenders de pollo Ensalada mixta Maíz en grano Gajos de naranjas  Family Adventure	19 Cheese Pizza Carrot & Broccoli Slaw Fresh Cucumber Slices Fresh Berries  Create	20 Ham & Cheese Croissant Cheese Croissant Spaghetti & Meatballs Fresh Broccoli Garden Salad Mixed Fruit  Tape It Front	21 Peach Kolaches Macaroni & Cheese Garden Salad Seasoned Green Beans Mandarin Oranges  Triathlon
24 VACACIONES ¡Salgan a hacer un poco de ejercicio!	25 VACACIONES ¡Salgan a hacer un poco de ejercicio!	26 VACACIONES ¡Salgan a hacer un poco de ejercicio!	27 VACACIONES ¡Salgan a hacer un poco de ejercicio!	28 VACACIONES ¡Salgan a hacer un poco de ejercicio!
31 VACACIONES ¡Salgan a hacer un poco de ejercicio!				

### 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.\*