

**DYSPHAGIA**  
**Breakfast & Lunch**

**DECEMBER 2018**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Sausage Biscuit w/ Gravy Applesauce Juice Milk</p> <p>Chicken Enchiladas Seasoned Pinto Beans Creamed Corn Canned Peaches</p> <p>#11</p>	<p>4</p> <p>Fruit &amp; Yogurt Parfait Applesauce Juice Milk</p> <p>Salisbury Steak Green Peas Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice</p> <p>#12</p>	<p>5</p> <p>French Toast w/ Fruit Compote Applesauce Juice Milk</p> <p>Chicken Teriyaki Fried Rice Edamame Squash/Zucchini Spiced Applesauce</p> <p>#13</p>	<p>6</p> <p>Chicken Biscuit w/ Gravy Applesauce Juice Milk</p> <p>Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears</p> <p>#14</p>	<p>7</p> <p>Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk</p> <p>Macaroni &amp; Cheese Tomato Soup Creamed Spinach Fruit Cobbler</p> <p>#15</p>
<p>10</p> <p>Chicken &amp; Waffles Applesauce Juice Milk</p> <p>Beef &amp; Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler</p> <p>#16</p>	<p>11</p> <p>Oatmeal w/ Fruit Compote Applesauce Juice Milk</p> <p>Pulled Pork BBQ Sweet Potatoes Creamed Corn Canned Peaches</p> <p>#17</p>	<p>12</p> <p>Cinnamon Roll w/ Sausage Applesauce Juice Milk</p> <p>Mashed Potato Bowl w/ Cheese &amp; Chicken Green Peas Squash/Zucchini Spiced Applesauce</p> <p>#18</p>	<p>13</p> <p>Cream of Wheat w/ Fruit Compote Applesauce Juice Milk</p> <p>Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail</p> <p>#19</p>	<p>14</p> <p>Pancakes &amp; Sausage Applesauce Juice Milk</p> <p>Fish Filet w/ Tartar Sauce Tomato Soup Creamed Corn Fruit Cobbler</p> <p>#20</p>
<p>17</p> <p>Sausage Biscuit w/ Gravy Applesauce Juice Milk</p> <p>Chicken Enchiladas Seasoned Pinto Beans Creamed Corn Canned Peaches</p> <p>#1</p>	<p>18</p> <p>Fruit &amp; Yogurt Parfait Applesauce Juice Milk</p> <p>Salisbury Steak Green Peas Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice</p> <p>#2</p>	<p>19</p> <p>French Toast w/ Fruit Compote Applesauce Juice Milk</p> <p>Chicken Teriyaki Fried Rice Edamame Squash/Zucchini Spiced Applesauce</p> <p>#3</p>	<p>20</p> <p>Chicken Biscuit w/ Gravy Applesauce Juice Milk</p> <p>Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears Cranberry Sauce</p> <p>#4</p>	<p>21</p> <p>Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk</p> <p>Macaroni &amp; Cheese Tomato Soup Creamed Spinach Fruit Cobbler</p> <p>#5</p>

<p style="text-align: right;">23</p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <b>2018-2019 Meal Prices:</b>          Paid Elementary Breakfast: \$1.00          Paid Elementary Lunch: \$2.25          Paid Secondary Breakfast: \$1.25          Paid Secondary Lunch: \$2.50          Reduce Student Breakfast: \$0.20          Reduced Student Lunch: \$0.40       </div> <p style="text-align: right;">#6</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">SCHOOL HOLIDAY</p> <p style="text-align: right;">#7</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">SCHOOL HOLIDAY</p> <p style="text-align: right;">#8</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">SCHOOL HOLIDAY</p> <p style="text-align: right;">#9</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">SCHOOL HOLIDAY</p> <p style="text-align: right;">#10</p>
<p style="text-align: right;">30</p> <p style="text-align: center;">SCHOOL HOLIDAY</p> <p style="text-align: right;">#11</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">SCHOOL HOLIDAY</p> <p style="text-align: right;">#12</p>			

**\*All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.\***

**\*\*All meals come with a choice of 1% white milk or fat free chocolate milk\*\***

**\*\*\*Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk\*\*\***

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (PDF), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities and you wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). USDA is an equal opportunity provider and employer.