



# DECEMBER 2019 BREAKFAST AND LUNCH MENU

ELEMENTARY BREAKFAST: Paid student meal \$1 // reduced student meal \$0.20 // adult/visitor breakfast \$2  
 ELEMENTARY LUNCH: Paid student meal \$2.25 // reduced student lunch \$0.40 // adult/visitor lunch \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancake & Turkey Sausage Minis <b>2</b> Cheese Stuffed Breadsticks Breaded Chicken Sandwich Baby Carrots Seasoned Black Beans Sliced Peaches Line Jumps	Mini Pancakes <b>3</b> Chicken Tenders Fish Sticks Garden Salad Whole Kernel Corn Mandarin Oranges Wheat Roll Side Line Jumps	Whole Wheat Cinnamon Roll <b>4</b> Cheese or Pepperoni Pizza Hamburger or Cheeseburger Garden Salad Seasoned Green Beans Berry Cobbler Hula Hoop	Sausage & Cheese Croissant <b>5</b> Orange Chicken & Lo Mein Turkey Hot Dog Garden Salad Mixed Vegetables Fresh Mixed Fruit Veggie Egg Roll Flexible Lunges	Sausage & Cheese Kolache <b>6</b> BBQ Pulled Pork Macaroni & Cheese Garden Fresh Kale Slaw Steamed Broccoli Fresh Cantaloupe Chunks Flexible Alphabet
Whole Wheat Cinnamon Roll <b>9</b> Breaded Chicken Sandwich Cheese Enchiladas Baby Carrots Seasoned Pinto Beans Mandarin Oranges Squats	French Toast <b>10</b> Grilled Cheese Croissant Hamburger or Cheeseburger Garden Salad Whole Kernel Corn Fresh Apple Slices Jumping Jacks	Spiced Apple Muffin <b>11</b> Cheese or Pepperoni Pizza Turkey Hot Dog Garden Salad Seasoned Green Beans Fresh Mixed Fruit Upper Body Twist	Ham & Cheese Croissant <b>12</b> Chicken Teriyaki & Stir Fried Rice Hamburger or Cheeseburger Fresh Broccoli Garden Salad Fresh Grapes Veggie Egg Roll Shoulder Stretch	Chicken Biscuit <b>13</b> Steak Fingers Mini Corn Dogs Garden Salad Mashed Potatoes & Gravy Fresh Pineapple Chunks Wheat Roll 3..2..1..Blast Off!
Whole Wheat Cinnamon Roll <b>16</b> Nachos w/ Baked Tostitos Breaded Chicken Sandwich Baby Carrots Seasoned Black Beans Sliced Peaches Tree Time	Mini Pancakes <b>17</b> Chicken Tenders Fish Sticks Garden Salad Whole Kernel Corn Orange Smiles Wheat Roll Cross Jumps	Sausage & Cheese Biscuit <b>18</b> Cheese or Pepperoni Pizza Hamburger or Cheeseburger Broccoli Salad Garden Salad Fresh Mixed Fruit One Leg Cross Jumps	Ham & Cheese Croissant <b>19</b> Hatch Green Chili & Cheese Tamales Turkey Hot Dog Garden Salad Seasoned Pinto Beans Pineapple Tidbits Wheat Roll Side Line Jumps	Sausage & Cheese Kolache <b>20</b> Cheese Stuffed Breadsticks Grilled Cheese Croissant Garden Salad Mixed Vegetables Mixed Fruit Free Style Dance
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>NO SCHOOL</b> Get Outside & Get Moving!	<b>NO SCHOOL</b> Get Outside & Get Moving!	<b>NO SCHOOL</b> Get Outside & Get Moving!	<b>NO SCHOOL</b> Get Outside & Get Moving!	<b>NO SCHOOL</b> Get Outside & Get Moving!
<b>30</b>	<b>31</b>			
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**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 (alternate weekly)  
 - Assorted fruit bowl

**Fresh Entrée Salads:**

**Monday-** Mandarin Orange Salad  
**Tuesday-** Southwest Chicken Salad  
**Wednesday-** Chef's Salad  
**Thursday-** Cran-apple Salad  
**Friday-** Egg Bacon & Spinach Salad

*Grilled Chicken Caesar Salad served daily.*



**DARK LEAFY GREENS**

Dark leafy greens include spinach, kale, collared greens, arugula, and Swiss chard.

Excellent source of iron, an important part of hemoglobin, a protein that carries oxygen through the blood to cells.

Excellent source of vitamin K which helps cells in your blood to form clots whenever you have a cut or injury.

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\*Menus are subject to change without notice due to price and availability of food\*