



# DECEMBER 2019 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 Fruit & Yogurt Parfait <b>2</b>	French Toast Fruit & Yogurt Parfait <b>3</b>	Pancake & Turkey Sausage Minis Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>4</b>	Sausage & Cheese Croissant Fruit & Yogurt Parfait <b>5</b>	Egg, Bacon & Cheese English Muffin Sausage & Cheese Kolache Fruit & Yogurt Parfait <b>6</b>
<b>Mini Corn Dogs</b> Seasoned Pinto Beans Tossed Salad Mandarin Oranges	<b>Pork Carnitas Tacos</b> Seasoned Pinto Beans Whole Kernel Corn Mandarin Oranges	<b>Spaghetti &amp; Meatballs</b> Seasoned Green Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll	<b>Chicken Teriyaki w/ Stir Fried Rice</b> Cran Apple Spinach Salad Zucchini Fresh Diced Apples Vegetable Egg Roll	<b>Hatch Green Chili &amp; Cheese Tamales</b> Roasted Corn Garden Fresh Kale Slaw Fresh Cantaloupe Chunks
French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>9</b>	Sausage & Cheese Croissant Mini Pancakes Fruit & Yogurt Parfait <b>10</b>	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait <b>11</b>	Egg, Bacon & Cheese English Muffin Ham & Cheese Croissant Fruit & Yogurt Parfait <b>12</b>	Sausage & Cheese Biscuit Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait <b>13</b>
<b>Make-Your-Own Baked Potato</b> Broccoli Salad Tossed Salad Mixed Fruit Breadsticks	<b>Chicken Fajita Tacos</b> Seasoned Pinto Beans Tossed Salad Fresh Diced Apples	<b>Lasagna</b> Diced Carrots Tossed Salad Fresh Pineapple Chunks Garlic Roll	<b>Orange Chicken &amp; Lo Mein</b> Steamed Broccoli Tossed Salad Vegetable Egg Roll Mandarin Oranges	<b>Nachos</b> Tossed Salad Whole Kernel Corn Diced Pears
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>16</b>	Spiced Apple Muffin Sausage & Cheese Biscuit Fruit & Yogurt Parfait <b>17</b>	Turkey Chorizo Breakfast Taco Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait <b>18</b>	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait <b>19</b>	Sausage & Cheese Croissant Sausage & Cheese Kolache Fruit & Yogurt Parfait <b>20</b>
<b>Steak Fingers</b> Mashed Potatoes w/ Gravy Tossed Salad Mandarin Oranges Wheat Roll	<b>Crunchy Tacos</b> Diced Carrots Tossed Salad Fresh Pineapple Chunks	<b>Chicken Supreme Nachos</b> Seasoned Black Beans Tossed Salad Fresh Mixed Fruit Cornbread	<b>Chicken Teriyaki w/ Stir Fried Rice</b> Spicy Spinach Salad Mixed Vegetables Sliced Peaches Vegetable Egg Roll	<b>Fish Sticks</b> Steamed Broccoli Tossed Salad Mixed Fruit Garlic Roll
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
<b>30</b>	<b>31</b>			
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>			

<p><b>Breakfast</b></p> <p><b>A complete breakfast includes:</b></p> <ul style="list-style-type: none"> <li>- Choice of 1 entrée</li> <li>- 2 fruits OR 1 fruit &amp; juice</li> <li>- 1% white or fat free chocolate milk</li> </ul> <p><b>Daily Breakfast Features</b></p> <ul style="list-style-type: none"> <li>- Yogurt &amp; Rockin' ola granola</li> <li>- Whole grain cereal</li> <li>- Assorted fruit bowl</li> <li>- 100% fruit juice</li> <li>- 1% white or fat free chocolate milk</li> </ul>	<p><b>A complete lunch includes:</b></p> <ul style="list-style-type: none"> <li>- Choice of entrée</li> <li>- 2 fruits</li> <li>- 2 vegetables</li> <li>- 1% white or fat free chocolate milk</li> </ul> <p style="text-align: center;"><b>Lunch</b></p> <p style="text-align: center;"><b>Fresh Entrée Salads</b></p> <p><b>Monday-</b> Mandarin Orange Salad  <b>Tuesday-</b> Southwest Chicken Salad  <b>Wednesday-</b> Chef's Salad  <b>Thursday-</b> Cran-apple Salad  <b>Friday-</b> Egg Bacon &amp; Spinach Salad</p> <p style="text-align: center;"><i>Grilled Chicken Caesar Salad served daily.</i></p>	<p style="text-align: center;"> <b>GARDEN FRESH</b> HARVEST OF THE MONTH</p> <p style="text-align: center;"><b>DARK LEAFY GREENS</b></p> <p>Dark leafy greens include spinach, kale, collared greens, arugula, and Swiss chard.</p> <p>Excellent source of iron, an important part of hemoglobin, a protein that carries oxygen through the blood to cells.</p> <p>Excellent source of vitamin K which helps cells in your blood to form clots whenever you have a cut or injury.</p>
---	---	---

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.

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