



DECEMBER 2019 BREAKFAST AND LUNCH MENU

Pre-K BREAKFAST: Student: No Cost// Adult/Visitor breakfast \$2

Pre-K LUNCH: Student: No Cost// Adult/Visitor lunch \$3.50

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

A complete breakfast includes

- Entrée
- Fruit
- 1% white milk

A complete lunch includes

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



HARVEST OF THE MONTH

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