




DECEMBER 2016

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Strawberries Mandarin Oranges (9-12) Milk	2 Rock & Roll Beef Wrap Steamed Carrots Fresh Pineapple Whole Grain Cookie Canned Applesauce (9-12) Milk	3 	4
5 Taco Crunch, Lettuce Tomato Salsa Broccoli Florets Fresh Strawberries Peaches (9-12) Milk	6 Pork Rib on a Bun Dark Green Leaf Lettuce Tomato Slice Fresh Apple Slices Potato Wedges Pears (9-12) Milk	7 Corn Dog Green Beans, Carrots Fruit Cocktail Sun Chips Fresh Pineapple (9-12) Milk	8 Chicken Quesadillas Tortilla Chips, Salsa Refried Beans Fresh Cantaloupe Whole Grain Cookie Fruit Cocktail (9-12) Milk	9 Cavatini Whole Wheat Roll & Jelly Seasoned Corn Garden Salad Fresh Clementines Applesauce (9-12) Milk	10	
12 Hot Ham & Cheese on a Bun Sun Chips Broccoli Florets Fresh Pineapple (9-12) Milk	13 Taco Burger on a Bun Tortilla Chips (6-12) Tomato Salsa Dark Green Leaf Lettuce Tomato Slice Refried Beans Fresh Banana Pears (9-12), Milk	14 Pizza Hut Pepperoni Pizza Tossed Salad Cherry Tomatoes Fresh Orange Peaches (9-12) Milk	15 Spaghetti w/Meat Sauce Garlic Bread Stick w/Marinara Sauce Garden Salad Apple Slices Chocolate Chip Cookie Cherry Applesauce (9-12) Milk	16 Chicken Patty on a Bun Potato Wedges Tomato, Cucumbers Sliced Pears Fresh Oranges (9-12) Milk	17	18 
19 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Mandarin Oranges (9-12) Milk	20 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas Fresh Peaches (9-12) Milk	21 Baked Ham Angel Biscuit & Jelly Apple Glazed Sweet Potatoes Green Bean Casserole Fresh Grapes Whole Grain Cake Pears 9-12) Milk	22 Macaroni & Cheese Meatballs Whole Wheat Bread & Jelly (6-12) Seasoned Peas Fresh Baby Carrots Apple Salad Fruit Cocktail Milk	23 NO SCHOOL	24 	25
26	27	28	29	30	31	
CHRISTMAS BREAK						
This institution is an equal opportunity provide		NOTES: Participating in sports can build your child up...or drag him down. Make athletics a postive experience for your youngster with these strategies: Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most intersting play in the game, rather than focusing on his performance or the score. Encourage him to set goals -- but make sure the goals are realistic. He might aim to touch the ball 3 times druing a game or to try a moce that he's been working on. Avoid comments about your youngster's size or body. Concentral on the friends he is making, and the effort he is putting forth.				