




December 2017

LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|---|--|
| | | | | 1 BBQ Beef on a Bun Baked Beans Green Peppers Summer Fruit Salad Royal Brownie (6-12) Canned Pineapple (9-12) Milk | 2 | 3 |
| 4 Sweet & Sour Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes Celery Sticks Tropical Fruit Fresh Grapes (9-12) Milk | 5 Cheese Pizza Seasoned Corn Tossed Salad Sliced Tomatoes Fresh Kiwi Canned Pears (9-12) Milk | 6 Super Nachos Refried Beans Southwestern Lentils Fresh Mixed Fruit Cup Whole Grain Cookie Canned Peaches (9-12) Milk | 7 Hot Ham & Cheese Sandwich Creamy Cole Slaw Baked Beans Fresh Strawberries Canned Pineapple (9-12) Milk | 8 Rock & Roll Beef Wrap Steamed Carrots Fresh Grapes Cherry Crisp (6-12) Canned Applesauce (9-12) Milk | 9 | 10 |
| 11 Pig in a Blanket Roasted Red Potatoes Broccoli w/Cheese Fresh Apple Slices Canned Peaches (9-12) Milk | 12 Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Sauteed Zucchini Tropical Fruit Oatmeal Cookie (9-12) Fresh Grapes Milk | 13 Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Canned Applesauce (9-12) Milk | 14 Taco Salad Tortilla Chips & Tomato Salsa Refried Beans Fresh Strawberries Fruit Cocktail (9-12) Cinnamon Puff (6-12) Milk | 15 Chicken & Noodles Whole Wheat Roll & Honey (6-12) Mashed Potatoes Fresh Baby Carrots Fresh Grapes Fresh Strawberries (9-12) Milk | 16  | 17 |
| 18 Baked Ham Angel Biscuit & Jelly Sweet Potatoes Fries Green Bean Casserole Canned Pears Pumpkin Bar Grapes (9-12) Milk | 19 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas Canned Peaches (9-12) Milk | 20 Chicken Nuggets Whole Wheat Roll & Jelly Mashed Potatoes & Gravy Tossed Salad Fresh Grapes Canned Applesauce (9-12) Milk | 21 <div style="border: 1px solid black; padding: 10px; text-align: center;">CHRISTMAS BREAK</div> | 22 | 23 | 24  |
| 25 This institution is an equal opportunity provider | 26 | 27 | 28 | 29 | 30 | 31 <div style="border: 1px solid black; padding: 10px; text-align: center;">CHRISTMAS BREAK</div> |
|  | | <p>NOTES: Downsize Plates: Did you know that dinner plates are actually 3" - 4" larger than they were a generation ago? Try instantly reducing portions by bringing plates back down to size. For instance, serve dinner on salad plates. Or use cups instead of bowls.</p> | | | | |