



LUNCH

DECEMBER 2017 Child Nutrition Program

PreK-Grade 8

Monday

Tuesday

Wednesday

Thursday

Friday

4
Baked Macaroni & Cheese
Roasted Broccoli, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

5
Chicken Smackers with Ketchup
Baked Vegetarian Beans, $\frac{1}{2}$ cup
Carrot Sticks, $\frac{3}{4}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

6
Italian Day
Chicken Parmigiana
On Baked Bun
Sautéed Green Beans, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

7
Mozzarella Sticks &
Chicken Smackers **COMBO!**
Potato Smiles, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

8
Immaculate Conception
Homemade Baked Ziti with
Mozzarella Cheese
Sautéed Spinach, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

11
Colby Cheese Omelet
Wrapped in Soft Tortilla
Tomato Salsa
Sweet Potato Fries, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

12
Chicken Alfredo Penne Pasta
Sautéed Green Beans, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

13
Asian Day- NEW ITEM
Sichuan Chicken
Seasoned Brown Rice
Steamed Broccoli, $\frac{1}{2}$ cup
Chilled Peach Cup, $\frac{1}{2}$ cup
Choice of Milk

14
Pork Meatballs
Pasta with Marinara Sauce
Roasted Chickpeas, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

15
Grilled Cheese Sandwich
Carrot Sticks, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

18
Three- Bean Chili
Seasoned Brown Rice
Green Pepper Strips, $\frac{1}{2}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

19
Taco Tuesday
Pork Taco on Soft Shell
Shredded Lettuce
Sautéed Red Kidney Beans, $\frac{1}{2}$ cup
Sweet Potato Fries, $\frac{3}{4}$ cup
Fresh Fruit, $\frac{1}{2}$ cup
Choice of Milk

20
Holiday Lunch
Crispy Oven Baked Chicken
Mashed Potatoes, $\frac{1}{2}$ cup
Green Beans, $\frac{1}{2}$ cup
Applesauce, $\frac{1}{2}$ cup
Holiday Cookie
Choice of Milk

21
Hot Turkey Ham Sandwich
Potato Smiles, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk

22
Cheese Pizza
Sautéed Spinach, $\frac{1}{2}$ cup
Fruit Cup, $\frac{1}{2}$ cup
Choice of Milk



25



26



27



28



29

Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches

American Cheese Sandwiches

A side salad (1 cup) of leafy dark green vegetable is offered daily.

One of the following daily $\frac{1}{2}$ cup fresh fruit options: Banana, Apple, Pear, Orange or Plum

Select a fruit AND/OR vegetable with your sandwich.

You may also choose your choice of milk:

PreK-8 Participants: Milk is available with every meal. Choose 1% White Milk or Fat Free White Milk daily.

K-8 Participants ONLY: Fat Free Chocolate milk is available Tuesdays and Thursdays.

ALL GRAIN PRODUCTS ARE WHOLE GRAIN.

ALL FOOD ITEMS MEET USDA: NSLP/SBP REQUIREMENTS.

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