LUNCH DECEMBER 2017

Reduced Price .40 (child) Full Price $2.85 (Child) Adult Price $2.85

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| WEEKLY AVERAGE:Calories 600-650Sodium <1230Sat. Fat <10Trans Fat zero | Please advise Ms. Leslie24hrs in advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly. | NSLP REQUIRMENTS:Fruit ½ cup dailyVeggie ¾ cup dailyMeat/Alt 1.75oz dailyGrains 1.75oz dailyMilk 1 cup daily |  |
| 4Grilled Cheese SandwichOn W/ G Bread,Baked Fries,½ cup of FruitMilk Variety | 5Baked Potato w/ fixingsGram Cracker¾ cup of Veggies½ cup of Fruit,Milk Variety  | 6Salisbury SteakMashed Potatoes w/Gravy, WG Roll,¾ cup of Veggies,½ cup of Fruit,Milk Variety | 7Chicken Nuggets w/Dipping Sauce,W/G Brown Rice,¾ cup Veggies½ cup of Fruit,Milk Variety  |
| 11Orange Chicken,On W/G Noodles,¾ cup of Veggies,½ cup of Fruit,Milk Variety | 12 Beefy Nacho’s with W/G Tortilla Chips Refried Beans,Spanish Rice,½ cup of Fruit,Milk Variety BOARD MEETING  | 13Turkey SandwichChicken Soup w/WG Noodles & Veggies,½ cup of FruitMilk Variety | 14Cheeseburger on aW/G BunLettuce, Tomatoes,½ cup of Fruit,Milk Variety  |
| 18Hot Dog on a W/G Bun,Veggie Bean Chili,½ cup of Fruit,Milk Variety  | 19BBQ ChickenMashed PotatoesCorn Bread,¾ cup of Veggies½ cup of Fruit,Milk Variety  | 20Cheese or Pepperoni Pizza with W/G CrustGarden Salad w/Dressing,½ cup of Fruit,Milk Variety  | 211/2 DAYN0 STUDENT LUNCH |
|  | **Happy** |  **Holidays**   |  |

This institution is an equal opportunity provider.

Menu is subject to change without notice.

Milk Variety: Low Fat 1% White or Non Fat Chocolate or Non Fat Strawberry

BREAKFAST DECEMBER 2017

 Adult Price $2.85

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| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| WEEKLY AVERAGE:Calories 400-500Sodium <540Sat. Fat <10Trans Fat 0g/serving | Please advise Ms. Leslie 24 hrs. in advance if youwould like to have breakfast or lunch with your child /grandchild so we may plan accordingly. |  | Fruit/Veggie 1 cup dailyGrain 2oz dailyMilk 1 cup dailyMeat/Alt Optional |
| 4W/G Toasted English Muffin, Peanut Butter1 cup Fruit,Milk Variety | 5Breakfast Burrito (Scrambled eggs in a W/G Tortilla),1 cup Fruit,Milk Variety | 6W/G Breakfast Cookie,Fruit Smoothie,Milk Variety | 7W/G Waffle,1 cup Fruit,Milk Variety  |
| 11W/G Pancake on a Stick1 cup Fruit,Milk Variety | 12W/G Toasted Bagel, Cream CheeseFruit Yogurt,Milk Variety | 13W/G French Toast,1 cup Fruit,Milk Variety | 14Ham and Eggs1 cup Fruit,Milk Variety |
| 18Scrambled Eggs w/Cheese,W/G Toast,1 cup Fruit,Milk Variety | 19W/G Pancake,1 cup Fruit,Milk Variety | 20Sausage PattyW/G Toast1 cup Fruit,Milk Variety | 21W/G Cereal w/Milk,1 cup Fruit,Milk Variety |
|  | **See You** | **Next Year**  |  |

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