LUNCH DECEMBER 2017

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

|  |  |  |  |
| --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
| WEEKLY AVERAGE:  Calories 600-650  Sodium <1230  Sat. Fat <10  Trans Fat zero | Please advise Ms. Leslie  24hrs 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 daily  Veggie ¾ cup daily  Meat/Alt 1.75oz daily  Grains 1.75oz daily  Milk 1 cup daily |  |
| 4  Grilled Cheese Sandwich  On W/ G Bread,  Baked Fries,  ½ cup of Fruit  Milk Variety | 5  Baked Potato w/ fixings  Gram Cracker  ¾ cup of Veggies  ½ cup of Fruit,  Milk Variety | 6  Salisbury Steak  Mashed Potatoes w/Gravy, WG Roll,  ¾ cup of Veggies,  ½ cup of Fruit,  Milk Variety | 7  Chicken Nuggets w/Dipping Sauce,  W/G Brown Rice,  ¾ cup Veggies  ½ cup of Fruit,  Milk Variety |
| 11  Orange 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 | 13  Turkey Sandwich  Chicken Soup w/WG Noodles & Veggies,  ½ cup of Fruit  Milk Variety | 14  Cheeseburger on a  W/G Bun  Lettuce, Tomatoes,  ½ cup of Fruit,  Milk Variety |
| 18  Hot Dog on a W/G Bun,  Veggie Bean Chili,  ½ cup of Fruit,  Milk Variety | 19  BBQ Chicken  Mashed Potatoes  Corn Bread,  ¾ cup of Veggies  ½ cup of Fruit,  Milk Variety | 20  Cheese or Pepperoni Pizza with W/G Crust  Garden Salad w/Dressing,  ½ cup of Fruit,  Milk Variety | 21  1/2 DAY  N0 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

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

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