



# December Lunch Menu \*Meals Subject to Change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Average
<p>Skim White, Skim Chocolate, and 1% White Milk available daily.</p> <p>A variety of low-fat or fat-free condiments (ranch, French, mustard, ketchup, BBQ, honey mustard) are available daily.</p> <p>All breads, tortillas, pancakes, pastas etc. are whole grain rich.</p> <p>*Contains Pork ++Contains Sesame</p>				<p>1</p> <p><b>Munchable Lunch</b> String Cheese Yogurt Dinner Roll Grapes Carrot Coins Zucchini</p> <p>No Vegetarian Meal</p>	<p><u>Calories</u></p> <p><u>Saturated Fat</u></p> <p><u>Sodium</u></p>
<p>4</p> <p><b>Choice A</b> Hot Dog on MG Bun Corn Celery Sticks Chilled Peaches</p> <p><b>Choice B</b> Grilled Cheese Tator Tots Celery Sticks Chilled Peaches</p>	<p>5</p> <p><b>Choice A</b> Cheeseburger on MG Bun Tator Tots Carrot Coins Apple Slices</p> <p><b>Choice B</b> Veggie Cheeseburger on MG Bun Tator Tots Carrot Coins Apple Slices</p>	<p>6</p> <p><b>Choice A</b> Chicken Nuggets <b>Pretzel Stick</b> Fruit Cocktail Romaine Salad w/ Tomatoes</p> <p><b>Choice B</b> Cheese &amp; Crackers Fruit Cocktail Romaine Salad w/ Tomatoes</p>	<p>7</p> <p><b>Choice A</b> Soft Shell Taco Beef &amp; Shredded Cheese Black Bean Salsa Apple Slices Giant Goldfish Cracker</p> <p><b>Choice B</b> Bean &amp; Cheese Burrito Black Bean Salsa Carrots Apple Slices Giant Goldfish Cracker</p>	<p>8</p> <p>*Ham &amp; Cheese Sandwich Carrot Coins Cucumber Slices Chilled Fruit</p> <p>No Vegetarian Meal</p>	<p><u>Calories</u> 605.39</p> <p><u>Saturated Fat</u> 9.0%</p> <p><u>Sodium</u> 1051.17 mg</p>
<p>11</p> <p><b>Choice A</b> Mini Corn Dogs Baked Beans Pineapple Tidbits Fresh Broccoli</p> <p><b>Choice B</b> Pizza Dippers w/ Marinara Pineapple Tidbits Fresh Broccoli ++Hummus</p>	<p>12</p> <p><b>Topsy Turvy</b> French Toast Sticks, Syrup Tator Tots Orange Wedges Cucumber Slices</p>	<p>13</p> <p><b>Choice A</b> Hamburger on MG Bun Tator Tots Carrot Coins Apple Slices</p> <p><b>Choice B</b> Veggie Burger on MG Bun Tator Tots Carrot Coins Apple Slices</p>	<p>14</p> <p>Cheese Quesadilla Salsa Carrot Sticks Chilled Fruit</p>	<p>15</p> <p>Turkey &amp; Cheese Sandwich Zucchini Coins Cherry Tomatoes Chilled Fruit</p> <p>No Vegetarian Meal</p>	<p><u>Calories</u> 586.48</p> <p><u>Saturated Fat</u> 8.0%</p> <p><u>Sodium</u> 966.95 mg</p>
<p>18</p> <p><b>Topsy Turvy</b> Yogurt Pancakes &amp; Syrup Strawberry Cup Carrot Sticks Celery Sticks</p>	<p>19</p> <p>Cheese Pizza Romaine Salad w/ Cherry Tomatoes Diced Peaches</p>	<p>20</p> <p style="color: red;">District Closed Winter Recess</p>	<p>21</p>	<p>22</p> <div style="text-align: center;">  </div>	
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	

Winter Break