



LUNCH

DECEMBER 2017 Child Nutrition Program

PreK-Grade 8

Monday

Tuesday

Wednesday

Thursday

Friday

4
Baked Macaroni & Cheese
Roasted Broccoli, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

5
Chicken Smackers with Ketchup
Baked Vegetarian Beans, ½ cup
Carrot Sticks, ¾ cup
Fruit Cup, ½ cup
Choice of Milk

6
Italian Day
Chicken Parmigiana
On Baked Bun
Sautéed Green Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

7
Mozzarella Sticks &
Chicken Smackers COMBO!
Potato Smiles, ½ cup
Fruit Cup, ½ cup
Choice of Milk

1
Cheese Pizza
Sautéed Spinach, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

8
Immaculate Conception
Homemade Baked Ziti with
Mozzarella Cheese
Sautéed Spinach, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

11
Colby Cheese Omelet
Wrapped in Soft Tortilla
Tomato Salsa
Sweet Potato Fries, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

12
Chicken Alfredo Penne Pasta
Sautéed Green Beans, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

13
Asian Day- NEW ITEM
Sichuan Chicken
Seasoned Brown Rice
Steamed Broccoli, ½ cup
Chilled Peach Cup, ½ cup
Choice of Milk

14
Pork Meatballs
Pasta with Marinara Sauce
Roasted Chickpeas, ½ cup
Fruit Cup, ½ cup
Choice of Milk

15
Grilled Cheese Sandwich
Carrot Sticks, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

18
Three- Bean Chili
Seasoned Brown Rice
Green Pepper Strips, ½ cup
Fresh Fruit, ½ cup
Choice of Milk

19
Taco Tuesday
Pork Taco on Soft Shell
Shredded Lettuce
Sautéed Red Kidney Beans, ½ cup
Sweet Potato Fries, ¾ cup
Fresh Fruit, ½ cup
Choice of Milk

20
Holiday Lunch
Crispy Oven Baked Chicken
Mashed Potatoes, ½ cup
Green Beans, ½ cup
Applesauce, ½ cup
Holiday Cookie
Choice of Milk

21
Hot Turkey Ham Sandwich
Potato Smiles, ½ cup
Fruit Cup, ½ cup
Choice of Milk

22
Cheese Pizza
Sautéed Spinach, ½ cup
Fruit Cup, ½ cup
Choice of Milk



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 ½ 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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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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