



LUNCH

DECEMBER 2017 Child Nutrition Program

PreK-Grade 8

Monday

Tuesday

Wednesday

Thursday

Friday

1

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

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

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

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 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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