

**December 2019**

**Lunch**

**All meals served with milk: 1% White, 1% Chocolate**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 	<b>2</b> Chick. Fry Steak / Roll Mash. Potatoes Gravy / Peas C. Applesauce	<b>3</b> Pepperoni Pizza Green Beans Steamed Corn Diced Peaches	<b>4</b> Mini Corn Dogs / Fries Steam. Carrots Brownie Apple Wedges	<b>5</b> Spaghetti w/ Sauce / Salad Breadstick Cucumber Sl. Mand. Oranges	<b>6</b> Ham/Turkey Cheese Sand. Baked Beans Potato Smiles Pineapple Bits	<b>7</b> 
<b>8</b>	<b>9</b> Taco Salad Chips / Cheese Refried Beans Chop. Lettuce Mixed Fruit	<b>10</b> Chicken & Noodles / Roll Mash. Potatoes Steam. Broccoli Diced Pears	<b>11</b> Biscuit & Gravy / Eggs Tri-Tater/Yogurt Veg. Juice Diced Peaches	<b>12</b> Cheese Breadsticks w/ Sauce / Salad Baby Carrots R. Applesauce	<b>13</b> Seasoned Chicken / Rice Tortilla / Corn Green Beans Fresh Grapes	<b>14</b>
<b>15</b>	<b>16</b> Hamburger Pattie / Bun Tater Tots Baked Beans Apple Wedges	<b>17</b> Chili Saltine Cracker Steamed Corn Cinnamon Roll Diced Peaches	<b>18</b> Breadstick Mac-n-Cheese Smokies / Peas V. Juice/Cookie Mand. Oranges	<b>19</b> Cheese Pizza Tossed Salad Red Pepper St. C. Applesauce	<b>20</b> Chicken Nuggets / Fries Dinner Roll Steam. Broccoli Mixed Fruit	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> 	<b>30</b> <b>S e a s o n s</b> <b>G r e e t i n g s</b>	<b>31</b> 				

The National School Lunch Program Guidelines require we offer each student 5 Food Components:

1. Meat/Meat Alternate (Proteins)
2. Grains
3. Vegetables
4. Fruits
5. Milk

Students are allowed to accept only 3 of the 5 required food components, one of which **has** to be a fruit or vegetable. **We encourage every student to take all the foods that are offered!!**

**This Institution is an Equal Opportunity Provider**

Any food item followed by an \* may contain Peanut Butter

Menu subject to change without notice