



# LUNCH

## DECEMBER 2017 Child Nutrition Program

### PreK-Grade 8

#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

**4**  
Baked Macaroni & Cheese  
Roasted Broccoli,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**5**  
Chicken Smackers with Ketchup  
Baked Vegetarian Beans,  $\frac{1}{2}$  cup  
Carrot Sticks,  $\frac{3}{4}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

**6**  
**Italian Day**  
Chicken Parmigiana  
On Baked Bun  
Sautéed Green Beans,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**7**  
Mozzarella Sticks &  
Chicken Smackers **COMBO!**  
Potato Smiles,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

**8**  
**Immaculate Conception**  
Homemade Baked Ziti with  
Mozzarella Cheese  
Sautéed Spinach,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**11**  
Colby Cheese Omelet  
Wrapped in Soft Tortilla  
Tomato Salsa  
Sweet Potato Fries,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**12**  
Chicken Alfredo Penne Pasta  
Sautéed Green Beans,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**13**  
**Asian Day- NEW ITEM**  
Sichuan Chicken  
Seasoned Brown Rice  
Steamed Broccoli,  $\frac{1}{2}$  cup  
Chilled Peach Cup,  $\frac{1}{2}$  cup  
Choice of Milk

**14**  
Pork Meatballs  
Pasta with Marinara Sauce  
Roasted Chickpeas,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

**15**  
Grilled Cheese Sandwich  
Carrot Sticks,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**18**  
Three- Bean Chili  
Seasoned Brown Rice  
Green Pepper Strips,  $\frac{1}{2}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**19**  
**Taco Tuesday**  
Pork Taco on Soft Shell  
Shredded Lettuce  
Sautéed Red Kidney Beans,  $\frac{1}{2}$  cup  
Sweet Potato Fries,  $\frac{3}{4}$  cup  
Fresh Fruit,  $\frac{1}{2}$  cup  
Choice of Milk

**20**  
**Holiday Lunch**  
Crispy Oven Baked Chicken  
Mashed Potatoes,  $\frac{1}{2}$  cup  
Green Beans,  $\frac{1}{2}$  cup  
Applesauce,  $\frac{1}{2}$  cup  
**Holiday Cookie**  
Choice of Milk

**21**  
Hot Turkey Ham Sandwich  
Potato Smiles,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  cup  
Choice of Milk

**22**  
Cheese Pizza  
Sautéed Spinach,  $\frac{1}{2}$  cup  
Fruit Cup,  $\frac{1}{2}$  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  $\frac{1}{2}$  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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