

# DECEMBER 2018

**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY**

**Chef (34g), Apple Feta (82g) and Fruit Salad Available Daily for lunch at Middle & High Schools**

MON	3	TUE	4	WED	5	THU	6	FRI	7
--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--		--BREAKFAST--	
<b>WK 2</b> Cinnamon Roll (42g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Morning Roll (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
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California Steak Salad (25g), Seasonal Fruit (~15g)		Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6 g) Pineapple (17g)		Grilled Chicken Sandwich (24g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Pineapple (17g)		Hamburger (24g), Fries (27g), Sliced Apples (~8g)	
Chicken Fried Steak (16g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27), Mixed Fruit (~16g)		Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Peaches (16g)		Green Chile Chicken Enchiladas (34g), Spanish Rice (20g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)	
BBQ Chicken Leg (7g), Green Beans (4g), Whole Wheat Roll (29g), Seasonal Fruit (~15g)		Pork Chop (11g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Frito Pie (38g), Corn (16g), Peaches (16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)		Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)	
MON	10	TUE	11	WED	12	THU	13	FRI	14
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<b>WK 3</b> Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
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Grilled Cheese Sandwich (42g), Fresh Broccoli & Carrots (6g), Seasonal Fruit (~15g)		Ciabatta Deli Sandwich (31g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Pineapple (17g)		Grilled Chicken Sandwich (32g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Peaches (16g)		Hamburger (33g), Fries (19g), Sliced Apples (~8g)	
Cheesy Meatloaf Sandwich (38g), Fries (14g), Seasonal Fruit (~15g)		Quesadilla (33g), Salad w/Tomatoes (2g), Mixed Fruit (16g)		Thai Chili Chicken (15g), Brown Rice (28g), Bread Stick (13g) Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)		Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)	
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)		BBQ Dippers (10g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)		Chicken Fajitas (35g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)	
MON	17	TUE	18	WED	19	THU	20	FRI	21
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<b>WK 1</b> Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Egg & Cheese Bun (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		NO SCHOOL		NO SCHOOL	
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Pulled Pork Sandwich (27g), Cole Slaw (6g), Seasonal Fruit (~15g)		Panni Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6 g) Peaches (16g)		NO SCHOOL		NO SCHOOL	
Steak Fingers (17g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Chili Cheese Fries (29g), Bread Sticks (25g), Salad w/ Tomatoes (3g), Mixed Fruit (16g)		Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)		NO SCHOOL		NO SCHOOL	
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)		Chicken Nuggets (13g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)		NO SCHOOL		NO SCHOOL	
MON	24	TUE	25	WED	26	THU	27	FRI	28
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