

# December 2018 Elementary Lunch Menu

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## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread,  
 and Choice of Milk

*\*Students must choose at least one fruit or vegetable*



## Fresh Fruits and Vegetables Offered Daily

**\*Vegetables include:**  
 Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Legume Salads  
 Celery & Cucumber  
 \*May choose two  
 1/2 cup servings

**\*Fruits include:**  
 Crisp Apple  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce  
 \*May choose 1/2 cup  
 serving



**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

1% Chocolate, 1% Strawberry, Fat Free Vanilla,  
 1% White and Fat Free White

**Lunch Prices:**  
 Paid \$2.35  
 Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fiesta Pizza or Chicken Strips w/bread slice Glazed Carrots Assorted Fruit & Milk Choice	4 Chicken & Cheese Quesadilla Or Meatball Hoagie Black & White Bean Salad Assorted Fruit & Milk Choice	5 Brunch Lunch! French Toast Sticks with syrup & sausage patty or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit & Milk Choice	6 Pasta with meat sauce & bread slice or Breaded Chicken on bun Romaine Salad Assorted Fruit & Milk Choice	7 Grilled Cheese w/soup Or Hot Turkey & Cheese on bun <b>Emoji Fries</b> Assorted Fruit & Milk Choice
10 Cheeseburger on bun Or BBQ Pulled Pork on bun Steamed Broccoli Assorted Fruit Milk Choice	11 Salisbury Steak in Gravy w/roll Or Hot Sicilian on bun Oven Baked French Fries Assorted Fruit Milk Choice	12 Popcorn Chicken Bowl w/bread Or Sloppy Joe on bun Steamed Corn Assorted Fruit & Milk Choice <b>WW@ Hydetown</b>	13 Meatball Hoagie w/cheese or Fruit & Yogurt Parfait w/belly bears Steamed Green Beans Assorted Fruit Milk Choice	14 Soft Taco with lettuce, cheese and salsa or Fish Sticks w/bread slice Mixed Vegetables Assorted Fruit Milk Choice
17 Breaded Chicken on bun Or Hot Ham & Cheese on bun Glazed Carrots Assorted Fruit & Milk Choice Milk Choice	18 Walking Taco with lettuce, cheese and salsa or BBQ Grilled Chicken on bun Baked Beans Assorted Fruit & Milk Choice Milk Choice	5 Brunch Lunch! French Toast Sticks with syrup & sausage patty or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit & Milk Choice	20 <b>Christmas Lunch!</b> Pork in gravy over stuffing & bread slice or Chef's Choice Mashed Potatoes Assorted Fruit , Milk Choice & Dessert	21 Macaroni & Cheese w/roll Or Chef's Choice Steamed Peas Assorted Fruit & Milk Choice Milk Choice
24 	<b>Christmas Break December 24 through January 1st</b>			28 
31 <b>No school</b>  <b>Happy New Year!</b>			<b>Fresh Produce from Local Farms</b> based on crop availability	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
<b>Monday</b> Chef Salad with roll and croutons or Nacho & Cheese Munchable	<b>Tuesday</b> Chef Salad with roll and croutons or Grilled Cheese Sandwich	<b>Wednesday</b> Chef Salad with roll and croutons or <b>Cheeseburger on bun</b>	<b>Thursday</b> Chef Salad with roll and croutons or Chicken Nugget Munchable	<b>Friday</b> Chef Salad with roll and croutons or Cheese Pizza

