

December 2017

JR/SR High School



Breakfast	7:30 – 8:00		Lunch		
	Reduced	Paid	Reduced	Paid	
Student	FREE	FREE	FREE	FREE	
Adults		\$2.40		\$3.80	

MENU SUBJECT TO CHANGE



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



HAPPY HOLIDAYS

Monday



Tuesday

Offered Daily
Asst. Sandwiches
Asst. Salads
Asst. Fresh Fruit
Asst. 100% Fruit Juice
Daily Plates of Veg. Crunchers

Wednesday



Thursday

Friday

Turkey Club Wrap
V: Roasted Veg. Wrap
Vegetarian Beans
Pears
Asst. Milk

Chicken Nuggets w/ Fried Rice
V: Fish Nuggets
Green Beans
Mixed Fruit
Asst. Milk

4

Ham & Cheese Croissant
V: Cheese Croissant
Tomato Soup & Carrots Sticks
Peaches
Asst. Milk

5

Sloppy Joe on a Roll
V: Vegetarian Beans
Peaches
Asst. Milk
Hash Brown

6

Baked Chicken
V: Baked Fish
Corn
Apple Sauce
Asst. Milk
French Fries

7

Mozzarella Cheese Sticks w/ Sauce,
Baked Cookie
Caesar Salad
Fresh Cantaloupe
Asst. Milk

8

Cheeseburger
V: Veggie Burger
Baked Beans
Fresh Fruit Salad
French Fries
Asst. Milk

11

Buffalo Chicken Quesadilla
V: Cheese Quesadilla
Broccoli w/ Cheese
Mixed Fruit
Asst. Milk

12

Tacos
V: Fish Tacos
Salsa
Peaches
Asst. Milk

13

French Toast Sticks w/Turkey Sausage
V: Falafel Patties
Corn
Apple Sauce
Asst. Milk

14

Macaroni & Cheese
Green Beans
Peaches
Asst. Milk

15

Chicken Patty on a Roll
V: Fish on a Roll
Green Beans
Mixed Fruit
Asst. Milk
French Fries

18

Italian Mix Sub
V: Three Cheese Sub
Vegetarian Beans
Orange Wedges
Asst. Milk

19

Lasagna
V: Vegetable Lasagna
Corn
Apple sauce
Asst. Milk

20

Loaded Nachos w/Chili
V: Cheese Nachos
Salsa
Peaches
Asst. Milk

21

Pepperoni Pizza
V: Cheese Pizza
Caesar Salad
Fresh Fruit Salad
Asst. Milk

22

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29