

DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatball Sub, Green Beans, Baked Beans, Fruit	4 Chicken Nuggets, Corn, Cranberry Sauce, Fruit	5 No Lunch	6 Pancakes, Cheese Stick, Carrots, Syrup, Fruit	7 Fish Sticks, Oven Baked Fries, Peas, Fruit
10 Egg & Cheese on English Muffin, Oven Baked Pot, Carrots, Fruit	11 Chicken Fajitas w/ Wheat Wrap, Cheese, Salsa, Lettuce, Rice, Fruit	12 Papa Gino's Garden Salad Broccoli, Fruit	13 Hamburger, Cheeseburger w/ Wheat Roll, Corn, Baked Beans, Fruit	14 NO LUNCH
17 Pulled Pork Sandwich, Baked Oven Fries, Corn Fruit	18 French Toast Sticks, Cheese Stick, Syrup, Carrots, Fruit	19 Pasta w/ Meatballs, Green Beans, Wheat Roll, Fruit	20 Hot Dog w/ Wheat Roll, Baked Beans, Chips, Fruit	21 NO LUNCH
24 VACATION WEEK	25 MERRY CHRISTMAS	26	27	28

- **Please inform us if your child has a food allergy before placing your order.**
- All meals include skim or 1% milk or low fat flavored milk.
- All bread is whole grain or whole wheat bread.
- All cheese for sandwiches are low fat.
- Always available – Grilled Cheese Sandwich or Peanut Butter and Jelly Sandwich

Serving Sizes

- Fruit – ½ Cup
- Grains – 1 – 2 oz.
- Condiments – 1 – 2 Tbsp.