



DECEMBER | 2018

Elementary Lunch Menu

Lunch Prices:
 Regular- \$ 2.85
 Reduced- \$0.40
 Adult- \$3.50
 Milk (a la carte)- \$0.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Item Key: P= Item contains Pork V= Vegetarian Option				
3 Chicken Nuggets w/ Dipping Sauce & Dinner Roll Crinkle Cut Fries Fresh Veggies Assorted Fruit Milk	4 Bosco Sticks ^V w/ Marinara Sauce Green Beans Fresh Veggies Assorted Fruit Milk	5 Hamburger/ Cheeseburger Country Baked Beans ^P Fresh Veggies Assorted Fruit Milk	6 Chicken and Waffles ^V w/ Blueberry Maple BBQ Sauce Sweet Potato Puffs Fresh Veggies Assorted Fruit Milk	7 Deep Dish Cheese Pizza ^V Garden Salad Fresh Veggies Assorted Fruit Milk
10 Rotini w/ Meat Sauce & Garlic Twist Steamed Broccoli Fresh Veggies Assorted Fruit Milk	11 Popcorn Chicken w/ Dipping Sauce Sweet Corn Fresh Veggies Assorted Fruit Milk	12 Chili Cheese Nachos Black Beans Fresh Veggies Assorted Fruit Milk	13 Beef Teriyaki Dippers w/ Dinner Roll Mashed Potatoes Fresh Veggies Assorted Fruit Milk	14 Stuffed Crust Pepperoni Pizza ^P Crinkle Cut Fries Fresh Veggies Assorted Fruit Milk
17 Mini Corn Dogs w/ Dipping Sauce Mini Trees w/ Cheese Fresh Veggies Assorted Fruit Milk	18 Crazy Tacos w/ Doritos Black Beans Fresh Veggies Assorted Fruit Milk	19 <i>Holiday Dinner</i> Crispy Drumstick w/ Dinner Roll Mashed Potatoes Fresh Veggies Assorted Fruit Milk Snowman Cookie	20 French Toast Sticks ^V & Syrup w/ Sausage Patty Potato Smiles Fresh Veggies Assorted Fruit Milk	21 Voter's Choice: Turkey Ciabatta Sandwich Sweet Potato Cubes Fresh Veggies Assorted Fruit Milk
24 Winter Break No School	25 Winter Break No School	26 Winter Break No School	27 Winter Break No School	28 Winter Break No School
31 Winter Break No School				

Build a Meal
 Choose 3-5 meal components to build a healthy, balanced meal:

1. Protein
2. Whole Grain
3. Vegetable
4. Fruit
5. Low-fat Milk

-One component *must* be at least a ½ c **fruit and/or vegetable** to make a meal.
 -Students may choose up to 2 fruit choices and 2 vegetable choices, offered daily.
 -All entrees include: Protein + Grain
 -May choose only Milk + Veggie + Fruit

Daily Alternative Choices

Chef Salad
 Leafy green lettuce topped with grape tomatoes, shredded cheddar cheese, and either eggs^V, ham, or turkey.

Grab & Go^V
 Choice of 3-5 of the following components: (Meals *must* include a fruit and/or veggie)

- Choice of 1-2 Protein items: Low-fat yogurt, reduced-fat string cheese, or Peanut-free Wowbutter & Jelly sandwich
- Choice of 1-2 whole grain snacks
- Up to 2 fruits
- Up to 2 veggies
- Choice of low-fat milk

FREE water available for every student