

LUNCH MENU

December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
There are no pork or nut/peanut products on our menu.	All meals include bread or bread alternate, low-fat milk and condiments.			1/4 cup cucumber sticks & dip 1/2 large whole grain bagel 1 Boiled egg 1/4 cup Fresh fruit 1 oz cream cheese
4	5	6	7	8
2 Whole grain French toast 1 Vegetarian sausage patty 1/4 cup Home fries 1/4 cup Fresh fruit	1/4 cup Sliced turkey w/ gravy 1/4 cup Mashed potatoes 1/4 cup Veggie stuffing 1/4 cup Fresh fruit 1/2 slice whole grain bread	1/2 cup garden salad cheese ravioli - 3 1/4 cup fresh fruit 4 oz yogurt	1/4 cup chicken teriyaki 1/4 cup fried rice w/ egg 1/4 cup broccoli 1/4 cup fresh fruit 1/2 slice whole grain bread	1/4 cup red pepper strips & dip 1/2 large whole grain bagel 1 Boiled egg 1/4 cup Fresh fruit 1 oz cream cheese
11	12	13	14	15
1/2 cup garden salad 2 WG chicken tenders w/ sauce 1/4 cup Oven fries 1/4 cup Fresh fruit 1/2 slice whole grain bread	2 (1 oz) turkey meatballs 1 oz. string cheese 1/4 cup raw veggies w/hummus 1/4 cup fresh fruit 1/2 whole grain sub roll	1/4 cup garden salad 1/2 cup WG meatless baked pasta 1/4 cup steamed carrots 1/4 cup fresh fruit	1 WG cheese quesadilla w/salsa 1/4 cup whole grain rice 1/4 cup black beans 1/4 cup corn 1/4 cup fresh fruit	1/4 cup cucumber sticks & dip 1/2 large whole grain bagel 1 Boiled egg 1/4 cup Fresh fruit 1 oz cream cheese
18	19	20	21	22
2 WG chicken tenders w/ sauce 1/4 cup WG brown rice 1 corn cobette 1/4 cup Fresh fruit 1/2 slice Whole Grain bread	1 Cheeseburger (beef) 1/4 cup Roasted potatoes 1/4 cup Baked beans 1/4 cup Fresh fruit 1 whole grain roll	1 slice whole grain cheese pizza 1/4 cup raw veggies & hummus 1/4 cup fresh fruit	2 whole grain french toast sticks 1.5 oz vegetarian sausage patty 1/4 cup home fries 1/4 cup fresh fruit	1/4 cup red pepper strips & dip 1/2 large whole grain bagel 1 Boiled egg 1/4 cup Fresh fruit 1 oz cream cheese
25	26	27	28	29
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Available for afternoon snacks on a rotating basis:

graham crackers, wheat crackers, pretzels, animal crackers, fresh fruit, yogurt, raisins, cheese crackers, applesauce, string cheese, diced pears/peaches/pineapple, veggies & hummus