



SERVED DAILY: GARDEN SALAD, FRESH FRUIT
 MILK: 1 %, SKIM, CHOCOLATE, STRAWBERRY
 GRAB & GO: SPECIALITY SALADS,
 SOY BUTTER JAMWICH W/CHEESE-IT'S &
 CHEESE STICK, SANDWICHES / WRAPS W/CHIPS



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.



Monday



Tuesday

**MEALS SUBJECT
 TO CHANGE**

Wednesday



Thursday

Friday

PIZZA – CHEESE **1**
 OR PEPPERONI
 OVEN FRIED FISH / ROLL
 ROASTED BABY POTATOES
 STEAMED BROCCOLI
 MILK

B.Q. SANDWICH **4**
 POPCORN CHICKEN / ROLL
 POTATO WEDGES
 SPINACH
 MILK

CHEESY NACHOS **5**
 CHICKEN & NOODLES
 BROCCOLI BITES
 STEAMED CARROTS
 BREAD
 MILK

OVEN ROASTED CHICKEN **6**
 BAKED PORK CHOP
 SWEET POTATO CASSEROLE
 PEAS
 MACARONI SALAD
 ROLL / MILK

BEEF & MACARONI **7**
 TACO'S
 SWEET YELLOW CORN
 REFRIED BEANS
 BREADSTICK
 MILK

SLOPPY JOES ON BUN **8**
 CHICKEN NUGGETS / ROLL
 ROASTED POTATO MEDLEY
 MIXED VEGETABLES
 MILK

ROAST BEEF SUB **11**
 CORN DOG NUGGETS
 CORN ON COB
 GREAT NORTHERN BEANS
 MILK

MEATLOAF **12**
 CHICKEN FILLET
 MASHED POTATOES
 PEAS
 ROLL
 MACARONI SALAD / MILK

CHICKEN PARMESAN **13**
 BEEF & SPANISH RICE
 BAKED POTATO
 TURNIP GREENS
 BREAD
 MILK

CHICKEN STIR FRY **14**
 BEEF ROAST
 RICE PILAF
 CALIFORNIA BLEND
 ROLL
 MILK

CHICKEN SANDWICH **15**
 FISH STICKS / ROLL
 SWEET POTATO WEDGES
 PEAS & CARROTS
 MILK

HAMBURGER ON BUN **18**
 HOT DOG ON BUN
 FRENCH FRIES
 CALIFORNIA BLEND
 MILK

CHRISTMAS DINNER **19**
 OVEN ROASTED CHICKEN
 PORK ROAST
 MASHED POTATOES
 GREEN BEANS / CARROTS
 DINNER ROLL / CHRISTMAS CAKE

CHICKEN FAJITA/TORTILLA **20**
 (LEFTOVERS)
 SWEET YELLOW CORN
 PINTO BEANS
 MILK

SPAGHETTI **21**
 CHICKEN FRIES
 CORN ON COB
 SPINACH
 GARLIC BREAD
 MILK

IN-SERVICE DAY **22**

25

WINTER BREAK

26

WINTER BREAK

27

WINTER BREAK

28

WINTER BREAK

29

WINTER BREAK