

DECEMBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <ul style="list-style-type: none"> • string cheese/ cinnamon grahams/ fruit • zee zee berry apple crisp bar/ fruit • orange juice 	<p>4</p> <ul style="list-style-type: none"> • yogurt/ educational snacks/ fruit • blueberry muffin/ fruit 	<p>5</p> <ul style="list-style-type: none"> • plain bagel/ cream cheese/ fruit • dipper doodle bar/ fruit • pineapple juice 	<p>6</p> <ul style="list-style-type: none"> • zee zee cinnamon crisp bar/ fruit • lemon muffin/ fruit 	<p>7</p> <ul style="list-style-type: none"> • mini apple cinnamon muffin & hard boiled egg/ fruit • orange juice
<p>10</p> <ul style="list-style-type: none"> • dipper doodle bar/ fruit • yogurt/ honey grahams/ fruit • orange juice 	<p>11</p> <ul style="list-style-type: none"> • zee zee berry apple crisp bar/ fruit • blueberry muffin/ fruit 	<p>12</p> <ul style="list-style-type: none"> • plain bagel/ cream cheese/ fruit • string cheese/ cinnamon grahams/ fruit • pineapple juice 	<p>13</p> <ul style="list-style-type: none"> • french toast muffin/ fruit • yogurt/ educational snacks/ fruit 	<p>14</p> <ul style="list-style-type: none"> • zee zee cinnamon crisp bar/ fruit • blueberry bagel /cream cheese fruit • orange juice
<p>17</p> <ul style="list-style-type: none"> • zac omega bar strawberry/ fruit • yogurt/ cinnamon grahams/ fruit • orange juice 	<p>18</p> <ul style="list-style-type: none"> • plain bagel/ cream cheese/ fruit • autumn spice muffin/ fruit 	<p>19</p> <ul style="list-style-type: none"> • dipper doodle bar/ fruit • string cheese/ cinnamon grahams/ fruit • pineapple juice available 	<p>20</p> <ul style="list-style-type: none"> • yogurt/ granola/ fruit • blueberry bagel/ cream cheese/ fruit 	<p>21</p> <ul style="list-style-type: none"> • lemon muffin/ fruit • zee zee cinnamon crisp bar/ fruit • orange juice
<p>24</p> <ul style="list-style-type: none"> • NO SCHOOL 	<p>25</p> <ul style="list-style-type: none"> • HOLIDAY BREAK 	<p>26</p> <ul style="list-style-type: none"> • NO SCHOOL 	<p>27</p> <ul style="list-style-type: none"> • HOLIDAY BREAK 	<p>28</p> <ul style="list-style-type: none"> • NO SCHOOL
<p>NEW YEAR'S EVE!</p> <p>31</p> <ul style="list-style-type: none"> • NO SCHOOL 				

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

DECEMBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <ul style="list-style-type: none"> pepper jack cheeseburger scoops w/ chicken & green chile cheese dip o green beans 	<p>4</p> <ul style="list-style-type: none"> five cheese lasagna (vg) crispy chicken sandwich (df) o garbanzo beans/ baby carrots 	<p>5</p> <ul style="list-style-type: none"> chicken sausage & cheddar eggel sandwich chicken bites o steamed corn 	<p>6</p> <ul style="list-style-type: none"> uncle ted's bbq drumstick w/ cheesy rice bean & cheese quesadilla(vg) o baby carrots w/ ranch 	<p>7</p> <ul style="list-style-type: none"> cheese pizza (vg) oven roasted chicken sandwich (df) garden ranch salad w/ chicken o broccoli & carrot salad
<p>10</p> <ul style="list-style-type: none"> creamy chicken alfredo bbq beef flatbread melt o baby carrots 	<p>11</p> <ul style="list-style-type: none"> cheesy pizza bite meal (vg) hot dog (df) o coleslaw 	<p>12</p> <ul style="list-style-type: none"> kickin chicken melt sandwich cheesy ravioli (vg) o edamame/ grape tomatoes 	<p>13</p> <ul style="list-style-type: none"> chicken teriyaki w/ brown rice (df) buffalo chicken pizza o chili citrus corn 	<p>14</p> <ul style="list-style-type: none"> hot meatball sub chicken marinara pasta bake o chopped lettuce/ sliced tomatoes w/ ranch
<p>17</p> <ul style="list-style-type: none"> hearty veggie chili (vg) cheesy chicken quesadilla o steamed carrots 	<p>18</p> <ul style="list-style-type: none"> spicy popcorn chicken sandwich ranchoero beef rice bake (df) o three bean salad/ baby carrots 	<p>19</p> <ul style="list-style-type: none"> creamy tomato curry w/ grilled chicken breakfast for lunch: pancakes w/ omelet (vg) o sliced cucumber 	<p>20</p> <ul style="list-style-type: none"> HOLIDAY MEAL roasted turkey, candied yams & stuffing (df) philly cheesesteak sandwich o steamed corn 	<p>21</p> <ul style="list-style-type: none"> flame broiled beef cheeseburger hot dog (df) o broccoli florets w/ ranch
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>NEW YEAR'S EVE!</p> <p>31</p>				

HAPPY HOLIDAYS!

Bring on the holidays with our warm and hearty seasonal **Roast Turkey & Stuffing** meal: thick-cut turkey paired with savory stuffing, sweet mashed yams, and homemade gravy.

Look for it on the menu on **12/20!**



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o **Vegetable** of the day