

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
B	50 Multi Grain Cheerios & WG Crackers	50 Bean & Cheese Burrito	50 Lucky Charms & WG Crackers	40 Cinnamon French Toast w/Syrup	35 Mexican Concha
L	125 Lemon Pepper Chicken with Brown Rice Pilaf (1/2c) & Mixed Vegetables (1c)	125 Chicken Taquitos with Whole Kernel Corn (3/4c)	125 Beef Lasagna with Steamed Broccoli & Carrots (1c)	175 Beef & Cheese Nachos with Pinto Beans (3/4c)	
ala	10 Chef Turkey & Ham Salad with a Wheat Dinner Roll	10 Santa Fe Chicken Salad with a Wheat Dinner Roll	10 Caesar Chicken Salad with a Wheat Dinner Roll		
S	10 Animal Crackers	10 Cinnamon Bites	10 Cheez-it Crackers	10 Jungle Crackers	10 Banana Muffin
	9	10	11	12	13
B	50 Coco Puffs & WG Crackers	35 String Cheese & Graham Crackers	45 Reduced Sugar Cinnamon Toast Crunch & WG Crackers	45 Waffles (2) with Syrup	35 WG Apple Cinnamon Donut
L	150 Spaghetti (1/2c) & Meatballs with Mixed Vegetables (1c)	120 Italian Turkey, Ham & Cheese Hoagie Roll Sandwich with Basil Corn Salad (1/2c)	230 Pepperoni Pizza with Green Salad (2c)	160 Chicken Tamal with Pinto Beans (3/4c)	
ala	10 Chef Turkey & Ham Salad with a Wheat Dinner Roll	15 Santa Fe Chicken Salad with a Wheat Dinner Roll			
S	10 Chocolate Gripz Graham Bits	10 Oatmeal Cookie	10 Blueberry Lemon Bites	10 Strawberry Nutri-Grain Bar	10 Apple Muffin
	16	17	18	19	20
B	35 Mexican Concha	45 Yogurt & Graham Crackers	50 Multi Grain Cheerios & WG Crackers	45 Pancakes (2) with Syrup	35 Zucchini Loaf
L	125 Chicken Teriyaki with Brown Rice Pilaf (1/2c) & Mixed Vegetables (1c)	125 Pepperjack Cheeseburger with Whole Kernel Corn (3/4c)	125 Lemon Pepper Chicken with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c)	125 Macaroni & Cheese with BBQ Baked Beans (3/4c)	
ala	15 Chef Turkey & Ham Salad with a Wheat Dinner Roll	15 Santa Fe Chicken Salad with a Wheat Dinner Roll	15 Caesar Chicken Salad with a Wheat Dinner Roll		
S	10 Animal Crackers	10 Goldfish Crackers	10 Scooby Doo Crackers		
	23	24	25	26	27
B					
L					
S					
	30	31	Happy Holidays!		

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1/2 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)



School Notes:





"Eat Right, Be Bright!"