



December

BREAKFAST MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| | | | <ul style="list-style-type: none"> hot egg and sausage quesadilla fresh seasonal fruit 1% or Fat-Free Milk | <p>STAFF DEVELOPMENT NO SCHOOL</p> |
| <ul style="list-style-type: none"> dipper doodle bar (df) fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> hot omelet w/ cheese fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> hot classic chicken sausage and cheddar brekwich fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> hot breakfast burrito fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> rf flurries cereal (df) fresh seasonal fruit 1% or Fat-Free Milk |
| 5 | 6 | 7 | 8 | 9 |
| <ul style="list-style-type: none"> zac omega bar strawberry (df) fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> lemon muffin fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> hot cinnamon toast bagel fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> Hot turkey and cheddar Brekwich fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> apple cinna-grins cereal fresh seasonal fruit 1% or Fat-Free Milk |
| 12 | 13 | 14 | 15 | 16 |
| No School – Winter Holiday Break | | | | |
|  | | | |  |
| 19 | 20 | 21 | 22 | 23 |
| No School – Winter Holiday Break | | | | |
| 26 | 27 | 28 | 29 | 30 |

What's New?

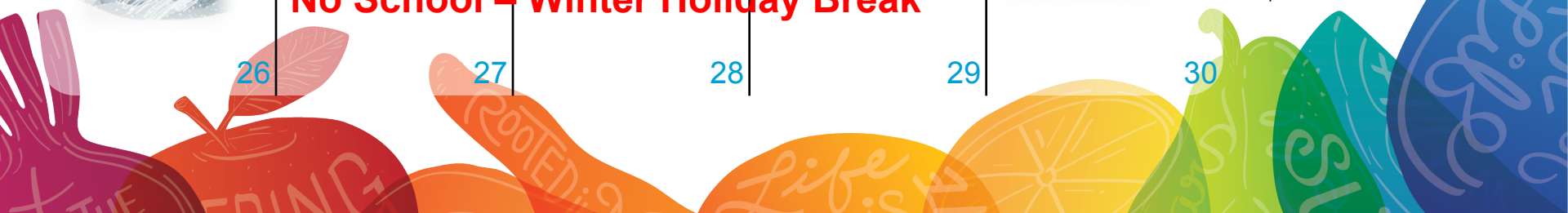
Which 'wich? Brekwich!
We're rolling out two new warm and toasty breakfast sandwiches this month.

Look for our **Classic Chicken Sausage Brekwich** on December 7th.

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offe twice per week.



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

This institution is an equal opportunity provider



December

LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| | | | <ul style="list-style-type: none"> flame broiled beef cheeseburger chopped lettuce with sliced tomatoes and ranch fresh seasonal fruit 1% or Fat-Free Milk | <p>STAFF DEVELOPMENT NO SCHOOL</p> |
| <ul style="list-style-type: none"> baked mac & cheese and chicken bites local peas fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> spaghetti and meatballs (df) three bean salad with baby carrots fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> cheesy chicken quesadilla local sweet potatoes fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> sloppy joe (PK Only) all natural hot dog (df) broccoli florets with ranch fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> pancakes w/ omelet (PK only) sesame chicken wrap (df) chilled local green beans fresh seasonal fruit 1% or Fat-Free Milk |
| <ul style="list-style-type: none"> hot turkey & cheddar flatbread melt local corn fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> orange chicken rice bowl (df) pinto beans with broccoli florets fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> crispy chicken sandwich (df) local sweet potatoes fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> oven roasted chicken sandwich (df) celery sticks with ranch fresh seasonal fruit 1% or Fat-Free Milk | <ul style="list-style-type: none"> baked mac & cheese and bbq baked beans (PK only) sesame chicken salad local braised greens fresh seasonal fruit 1% or Fat-Free Milk |
|  | <p>No School – Winter Holiday Break</p> | | |  |
| | <p>No School – Winter Holiday Break</p> | | | |

Seasons Eating's!

Bring on the holidays with our warm and hearty seasonal **Roast Turkey & Stuffing** meal: thick cut turkey pai with savory stuffing, colorful mashed yams, and homemade gravy with a fresh vegetable side.

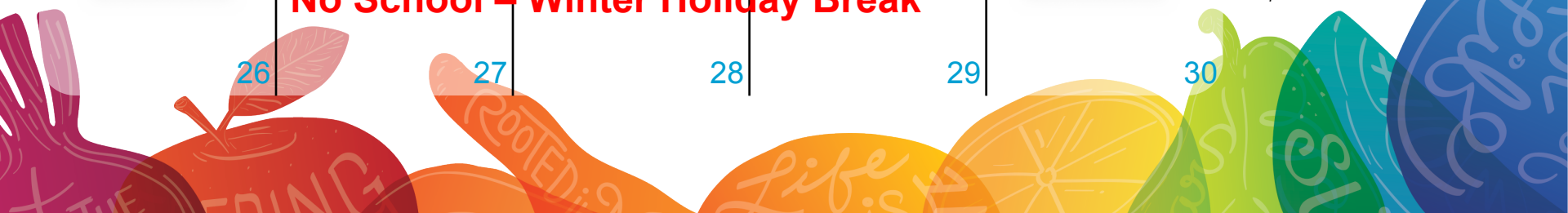
Look for it on the menu on December 21st!

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

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December

SNACK MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| | | | <ul style="list-style-type: none"> mini dipperdoodle fresh seasonal fruit | <p>STAFF DEVELOPMENT NO SCHOOL</p> |
| <ul style="list-style-type: none"> zac attack bar strawberry/fruit fresh seasonal fruit | <ul style="list-style-type: none"> goldfish cheese crackers/juice fresh seasonal fruit | <ul style="list-style-type: none"> yogurt/fruit fresh seasonal fruit | <ul style="list-style-type: none"> dick and janes smart crackers/fruit fresh seasonal fruit | <ul style="list-style-type: none"> granola/string cheese fresh seasonal fruit |
| 5 | 6 | 7 | 8 | 9 |
| <ul style="list-style-type: none"> multigrain rumbles - salsa fresca fresh seasonal fruit | <ul style="list-style-type: none"> zac attack bar strawberry/fruit fresh seasonal fruit | <ul style="list-style-type: none"> mini dipperdoodle fresh seasonal fruit | <ul style="list-style-type: none"> sunflower seeds fresh seasonal fruit | <ul style="list-style-type: none"> skeeter cinnamon grahams fresh seasonal fruit |
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|  | | | |  |
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did you know?

Fruits are nature's wholesome dessert! Packed with vitamins and fiber, fruits are a sweet path to a healthy life. Be sure to grab some fresh fruit with your snack!

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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