



Food Zone

Lunch

December

Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Choice of Vegetable Choice of Fruit Choice of Milk
4 Fish Sandwich Baked Fries Choice of Fruit Choice of Milk	5 Nachos Grande Refried Beans Choice of Fruit Choice of Milk	6 Chili Pretzel Rods Choice of Fruit Choice of Milk	7 Chicken Tenders Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	8 Pizza Choice of Vegetable Choice of Fruit Choice of Milk
11 Baked Pasta Meatballs Breadstick Choice of Fruit Choice of Milk	12 Chicken Pattie Sand Tater Tots Choice of Fruit Choice of Milk	13 Bosco Sticks Sauce Baked Beans Choice of Fruit Choice of Milk	14 Popcorn Chicken Mashed Potatoes/Gravy Hot Vegetable Choice of Fruit Choice of Milk	15 Pizza Choice of Vegetable Choice of Fruit Choice of Milk
18 Hot Ham & Cheese Sandwich Chips Choice of Fruit Choice of Milk	19 Pancakes Sausage Choice of Fruit Choice of Milk	20 <u>NO SCHOOL</u>	21 <u>NO SCHOOL</u>	22 <u>NO SCHOOL</u>
25 <u>NO SCHOOL</u>	26 <u>NO SCHOOL</u>	27 <u>NO SCHOOL</u>	28 <u>NO SCHOOL</u>	29 <u>NO SCHOOL</u>

WHAT MAKES A MEAL? You must choose at least 3 of 5 components available for the school lunch price.

Meat or meat alternate, choice of vegetable, choice of fruit, grain/bread and choice of milk. (1%White Fat Free, Chocolate, Fat Free White) A minimum of ½ cup serving of fruit or a minimum of a ½ cup vegetable **MUST** accompany a reimbursable lunch!

Weekly Vegetable Subgroups May Include: Dark green (spinach, broccoli, romaine, spring salad) red/orange (carrots, sweet potatoes, tomatoes, red peppers, beans/peas (Legumes) and starchy (white potatoes, corn, peas, lima beans) Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.

Daily Fruit Selections May Include: Oranges, Apples, Bananas, Pears, Peaches, , Strawberries, Applesauce, Pineapples, and Mandarin Oranges.

LEAVE YOUR LUNCH BOX AT HOME!!!! Daily Entrée Options May Include:

Large Chef Salad & Stuffed Deli Hoagie & Low Fat Yogurt & Smuckers PB&J