



DECEMBER 2018 Pre-K – 8th Child & Nutrition Program

HOT LUNCH MENU

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Available Daily

Peanut Butter or Sun Butter & Jelly Sandwiches
American Cheese Sandwiches (Mayo/Mustard)
A side salad (1/2 cup) of leafy dark green vegetable is offered daily.
1/2 cup Fresh Fruit options will be offered daily
Select a fruit AND/OR vegetable with your sandwich.

Monday	Tuesday	Wednesday	Thursday	Friday
Kickin Breaded Chicken 3 a Baked Bread Stick Vegetarian Beans, 1/2 cup Assorted Fruit, 1/2 cup Milk	Beef Nachos 4 Green Pepper Strips, 1/2 cup Sweet Potato Fries, 1/2 cup Fresh Fruit, 1/2 cup Choice of Milk	Oven Roasted Chicken Pieces 5 Dinner Roll Carrot Coins, 1/2 cup Fresh Fruit, 1/2 cup Choice of Milk	Baked Macaroni & Cheese 6 Steamed Broccoli, 1/2 cup Fresh Fruit, 1/2 cup Choice of Milk	French Bread Pizza 7 Celery Sticks/Low Fat Dip, 1/2 cup Fruit Cup, 1/2 cup Milk
Pork Meatball* Sandwich on a Roll 10 Steamed Carrots, 1/2 cup Assorted Fruit, 1/2 cup Milk	Chicken Fajita Soft Taco 11 Black Bean Salad, 1/2 cup Roasted Corn, 1/2 cup Fresh Fruit, 1/2 cup Choice of Milk	Chicken Patty on Bun 12 American Cheese, Sliced Tomato & Pickle Chips Smile Fries, 1/2 cup Assorted Fruit, 1/2 cup Milk	Crispy Mozzarella Sticks 13 Rotini Pasta & Mariana Sauce Steamed Zucchini, 1/2 cup Fresh Fruit, 1/2 cup Choice of Milk	Hearty Three Bean Chili with Brown Rice 14 Steamed Carrot Coins, 1/2 cup Fruit Cup, 1/2 cup Milk
Yummy Quesadilla with Cheese 17 Steamed Carrots, 1/2 cup Green Pepper Strips, 1/2 cup Assorted Fruit, 1/2 cup Milk	Popcorn Chicken Chunks on a Soft Shell Tortilla 18 Red Kidney Beans, 1/2 cup Fresh Fruit, 1/2 cup Choice of Milk	Mama's Beef Meatballs in Mariana Sauce with Penne Pasta 19 Steamed Green Beans, 1/2 cup Assorted Fruit, 1/2 cup Milk	Brunch for Lunch 20 Stuffed Cheese Omelet in a Tortilla Shell Potato Smiles, 1/2 cup Fresh Fruit, 1/2 cup Choice of Milk	UNO Cheese Pizza 21 Steamed Broccoli, 1/2 cup Crunchy Carrot Sticks, 1/2 cup Fruit Cup, 1/2 cup Milk
Happy Holidays 24	Merry Christmas 25	Happy Holidays 26	Happy Holidays 27	Happy Holidays 28
Alternative Meal: 31 Cereal (2)/Cheese Stick (2), M,W,F Cereal (1)/Cheese Stick (2), T,TH Alternative meals are served with main meal "sides."	*For Pork free schools- an alternative protein will be provided	Pre-K - 8 Grades: 1% and Fat Free White Milk Offered Daily K - 8 Grades: Fat Free Chocolate Milk also offered Tues and Thurs	Assorted Fruit = Canned Fruit Fruit Cup = 4 oz. frozen fruit Fresh Fruit = Whole fresh fruit	

