

BREAKFAST

DECEMBER 2018 PRE-K-8TH MENU

CHILD & NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
3 Maple Pancakes 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	4 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	5 Cheese Egg Omelet Wrap 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	6 French Toast Sticks 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	7 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
10 Bagel-ful 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	11 Cinnamon Waffles 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	12 Biscuit and Sausage 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	13 Croissant with Cheese Stick 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	14 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
17 Honey Biscuit 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	18 Maple Pancakes 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	19 Yogurt 4 oz. with Granola 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk	20 Bagel-ful 1/2 cup 100% Fruit Juice 1/2 cup Fruit Cup Milk	21 Assorted Cold Cereal 1/2 cup 100% Fruit Juice 1/2 cup Fresh Fruit Milk
24 Happy Holidays	25 Merry Christmas	26 Happy Holidays	27 Happy Holidays	28 Happy Holidays
31 Happy Holidays				

Two-1/2 cup fruit options will be offered daily.
 Milk is served with every meal.
 Choose 1% White Milk or Fat Free White Milk.
 Student must take a fruit and/or juice.
 ALL GRAIN PRODUCTS ARE WHOLE GRAIN AND MEET THE GRAIN OUNCE EQUIVALENCY
 ALL FOOD ITEMS MEET USDA CACFP AND CNP: NSLP/SSP REQUIREMENTS.

Fresh Fruit= Whole Fruit
 Fruit Cup= 4 oz. cup Frozen Fruit



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_usda.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.makex@usda.gov.

This institution is an equal opportunity provider

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

HOT LUNCH MENU

LUNCH

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(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

3 Kickin Breaded Chicken
a Baked Bread Stick
Vegetarian Beans, 1/2 cup
Assorted Fruit, 1/2 cup
Milk

10 Pork Meatball* Sandwich on a Roll
Steamed Carrots, 1/2 cup
Assorted Fruit, 1/2 cup
Milk

7 Yummy Quesadilla with Cheese
Steamed Carrots, 1/2 cup
Green Pepper Strips, 1/2 cup
Assorted Fruit, 1/2 cup
Milk

24 *Happy Holidays*

31 **Alternative Meal:**
Cereal (2)/Cheese Stick (2), M,W,F
Cereal (1)/Cheese Stick (2), T,TH
Alternative meals are served with main meal "sides."

Tuesday

4 Beef Nachos
Green Pepper Strips, 1/2 cup
Sweet Potato Fries, 1/2 cup
Fresh Fruit, 1/2 cup
Choice of Milk

11 Chicken Fajita Soft Tach
Black Bean Salad, 1/2 cup
Roasted Corn, 1/2 cup
Fresh Fruit, 1/2 cup
Choice of Milk

18 Popcorn Chicken Chunks on a Soft Shell Tortilla
Red Kidney Beans, 1/2 cup
Fresh Fruit, 1/2 cup
Choice of Milk

25 *Merry Christmas*

*For Pork free schools- an alternative protein will be provided

Wednesday

5 Oven Roasted Chicken Pieces
Dinner Roll
Carrot Coins, 1/2 cup
Fresh Fruit, 1/2 cup
Choice of Milk

12 Chicken Patty on Bun
American Cheese, Sliced
Tomato & Pickle Chips
Smile Fries, 1/2 cup
Assorted Fruit, 1/2 cup
Milk

19 Mama's Beef Meatballs in Mariana Sauce with Penne Pasta
Steamed Green Beans, 1/2 cup
Assorted Fruit, 1/2 cup
Milk

26 *Happy Holidays*

Pre-K - 8 Grades: 1% and Fat Free White Milk Offered Daily
K - 8 Grades: Fat Free Chocolate Milk also offered Tues and Thurs

Thursday

6 Baked Macaroni & Cheese
Steamed Broccoli, 1/2 cup
Fresh Fruit, 1/2 cup
Choice of Milk

13 Crispy Mozzarella Sticks
Rotini Pasta & Mariana Sauce
Steamed Zucchini, 1/2 cup
Fresh Fruit, 1/2 cup
Choice of Milk

20 *Brunch for Lunch*
Stuffed Cheese Omelet in a Tortilla Shell
Potato Smiles, 1/2 cup
Fresh Fruit, 1/2 cup
Choice of Milk

27 *Happy Holidays*

Friday

7 French Bread Pizza
Celery Sticks/Low Fat Dip, 1/2 cup
Fruit Cup, 1/2 cup
Milk

14 Hearty Three Bean Chili with Brown Rice
Steamed Carrot Coins, 1/2 cup
Fruit Cup, 1/2 cup
Milk

21 UNO Cheese Pizza
Steamed Broccoli, 1/2 cup
Crunchy Carrot Sticks, 1/2 cup
Fruit Cup, 1/2 cup
Milk

28 *Happy Holidays*

Assorted Fruit = Canned Fruit
Fruit Cup = 4 oz. frozen fruit
Fresh Fruit = Whole fresh fruit



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

SNACK MENU

Monday

3
Soft Pretzel
100% Fruit Juice, 6 oz.



10
Cheez-It
100% Fruit Juice, 6 oz.

17
Bear
Graham Crackers
100% Fruit Juice, 6 oz

24
Happy
Holidays

31
Happy
Holidays

Tuesday

4
Bear
Graham Crackers
100% Fruit Juice, 6 oz

11
Cinnamon
Graham Crackers
1% White Milk - 8 oz

18
Banana Bread Slice
1% White Milk - 8 oz

25
Merry
Christmas

Wednesday



5
Goldfish Crackers
100% Fruit Juice, 6 oz

12
Wrapped
Muffin Loaf
100% Fruit Juice, 6 oz



19
Goldfish Crackers
100% Fruit Juice, 6 oz

26
Happy
Holidays

Thursday

6
Chocolate Chip
Graham Cracker
Round
1% White Milk, 8 oz.

13
String Cheese Stick
100% Fruit Juice, 6 oz

20
Cinnamon
Graham Crackers
1% White Milk - 8 oz

27
Happy
Holidays

Friday

7
String Cheese Stick
100% Fruit Juice, 6 oz

14
Soft Pretzel
100% Fruit Juice, 6 oz

21
Soft Pretzel
100% Fruit Juice, 6 oz

28
Happy
Holidays

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form, \(AD-3027\)](http://www.ascr.usda.gov/complaint_filing_en) found online at http://www.ascr.usda.gov/complaint_filing_en and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.

