



Harvest of the Month: Kale



Friday, December 1

BBQ Sandwich
Hamburger
Baked Beans
Potato Wedges
Sandwich Fixings
Fruit Ice

Monday, December 4

Steak Fingers
with Gravy
Ham and Cheese
Panini
Rice
Broccoli with
Cheese
Roll
Tossed Salad

Tuesday, December 5

Ravioli
Hotdog
Potato Smiles
Green Beans
Coleslaw
Brownie

Wednesday, December 6

General Tso's
Chicken with Rice
Ribeque
Eggrolls
Buttered Carrots
Tossed Salad

Thursday, December 7

Domino's
Cheese Pizza (*)
Domino's
Pepperoni Pizza (*)
Grilled Cheese
Sandwich
Tomato Soup
Green Peas
Veggie Dippers

(*) see announcement on
next page

Friday, December 8

Chicken Fajita
Nachos
Chicken Quesadilla
Pinto Beans
Corn
Tossed Salad
Pudding

Available Daily

Salad and Fruit available daily with lunch.

Breakfast Items include: Biscuit or Choice of Entrée, Cereal, Muffins, Assorted Fruits and Juices, and Choice of Milk.

Morning Snack Packs are available in the hall for those students who choose to not eat in the Cafeteria.

Daily Milk Choices include 1%, fat free chocolate and strawberry milk.

**Full Meal Prices: Breakfast free, Lunch: \$1.90, reduced price \$0.40
School Staff:**

Breakfast \$1.50, Lunch \$3.25

Visitors: Breakfast \$1.50, Lunch \$3.50

Menu subject to change due to availability.

This institution is an equal opportunity provider.

Monday, December 11

Chicken Alfredo
Corndog
Green Beans
Glazed Carrots
Texas Toast

Tuesday, December 12

Taco Tuesday

Tacos
Cheese Quesadilla
Pinto Beans
Corn
Salsa / Lettuce /
Tomatoes



Wednesday, December 13

Chicken Strips
with Gravy
Yogurt Plate
Mashed Potatoes
Green Peas
Tossed Salad
Biscuit

Thursday, December 14

Domino's
Cheese Pizza (*)
Domino's
Pepperoni Pizza (*)
Deli Sandwich
Chicken Noodle
Soup
Corn
Veggie Dippers

Friday, December 15

Spaghetti
Mini Corndogs
Broccoli
Carrot Coins
Texas Toast
Tossed Salad



Monday, December 18

Hamburger
Chicken Sandwich
Baked Beans
Potato Wedges
Sandwich Fixings

Tuesday, December 19

1/2 Day
Sack Lunch



**COLD. YES.
DARK. YES.
BORING. NEVER.**



Not only do kids eat more in the winter, they also tend to exercise less. Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there are plenty of outside activities that can keep you warm, too!

kale the queen of greens



(*) We are happy to announce that starting this month, we are able to

offer Domino's Pizza with regular (not whole wheat) crust. We hope you enjoy!

**HAVE A HEALTHY
CHRISTMAS**



Enjoy your winter holidays! We look forward to seeing you back in class and in the cafeteria on Thursday, January 4, 2018.