


December 2018

K-8 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Dog	4 Spaghetti w/ Meat Sauce	5 Cilantro Chicken Bowl	6 Cheese Pizza	7 Turkey Ham Dinner
½ c Fresh Apple(15) ¾ c BBQ Beans (39) 2 oz Turkey Hot Dog 2 oz WG Bun [2 OEG] (21) Mustard/ Ketchup (3) Milk(12)	4 oz 100% Juice (15) ¾ c Broccoli (4) ½ c WG Pasta[1OEG] (45) 1.5oz Ground Beef 0.5oz Mozzarella Cheese 2 oz Marinara Sauce Milk(12)	½ c Banana (15) ¾ c Green Beans (7) 2 oz Roasted Chicken w/ ½ c Cilantro Lime Rice[2 OEG] Milk (12)	4 oz 100 % Juice (15) ¾ c Baby Carrots(15) WG Cheese Pizza [2 MMA, 2 OEG] (24) Ranch Packet Milk(12)	½ c Berry Cup(15) ½ c Cheesy Potatoes (20) ¼ c Kernel Corn (9) 2 oz Turkey Ham w/ Gravy 1 oz WG Dinner Roll [1 OEG] (13) Milk(12)
10 Chicken Nuggets	11 Hamburger	12 Macaroni and Cheese	13 Turkey Swiss Sandwich	14 Egg & Cheese Muffin
½ c Fresh Apple (15) ¾ c Diced Carrots (7) 5 WG Chicken Nuggets [2 MMA, 1 OEG] (34) BBQ Packet Milk(12)	4 oz 100% Juice (15) ¾ c Baked Beans(39) 2 oz Beef Patty 2 oz WG Bun [2 OEG] (19) Ketchup(3)/ Mustard Milk(12)	½ c Banana(15) ¾ c Broccoli (4) 2 oz Cheese Sauce over ¾ c Rotini [1.5 OEG] (41) topped w/ 1 oz Shredded Cheese Milk(12)	4 oz 100% Juice (15) 1c Side Salad ¼ c Baby Carrots (5) 1.5oz Turkey 0.5oz Swiss Cheese on 2 oz WG Bread [2 OEG](24) Mayo / Mustard Milk(12)	½ c Berry Cup(15) ¾ c Tater Tots (18) 1.5oz Scrambled Egg Patty 0.5oz American Cheese 2oz WG English Muffin [2OEG] (24) Ketchup (3) Milk(12)
17 Double Stuffed Pizza	18 Swedish Meatballs	19 Barbecue Chicken Flatbread	20 Turkey Dinner	21 Cheesy Chicken Rice
½ c Fresh Apple (15) ¾ c Green Beans (7) WG Stuffed Cheese Pizza [2 MMA, 2 OEG] (34) ¼ c Marinara (7) Milk(12)	4 oz 100% Juice (15) ¾ c Hickory Beans (45) 2 oz Meatballs w/ Gravy Over ½ c WG Pasta [1 OEG] (20) Milk(12)	½ c Banana (15) ¾ c Diced Carrots (7) 1.5oz BBQ Roasted Chicken 0.5oz White American Cheese on 2oz WG Flatbread [2OEG] (29) Milk(12)	4 oz 100% Juice (15) ½ c Mashed Potatoes(10) ¼ c Kernel Corn (5) 2 oz Turkey w/ Gravy 1 oz WG Dinner Roll [1 OEG] (13) Milk(12)	½ c Berry Cup (15) ¾ c Broccoli (4) 2 oz Chicken over 1 c Cheesy Rice [2 OEG] (55) Milk(12)
24	25	26	27	28
No Service		No Service	No Service	No Service
30				
No Service				***Menus Subject to Change***

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