

December 2018

3 Turkey Cheese Deli Sub w/ Shredded Lettuce & Tomato Baked Doritos Broccoli Cowboy Salsa Orange Wedges Milk	4 Popcorn Chicken Bowl 9-12 Mashed Potatoes Diced Peaches 6-12 Golden Corn Breadstick Milk	5 Chili w/ Fritos Cornbread w/ Syrup Crunchy Mini Carrots Crisp Celery Sticks Apple Wedges Milk	6 Cheeseburger w/ Sliced Tomatoes Bkd. French Fries Applesauce Milk	7 Chili Crispito, Shredded Cheese/Lettuce Salsa Hearty Refried Beans 9-12 Seasoned Rice Pineapple Tidbits Milk
10 Breaded Chicken Nuggets Whipped Potatoes Crisp Radishes Diced Peaches 6-12 Fresh Baked Apple Streusel Muffin	11 Pig in a Blanket Oven Baked Beans Crunchy Carrots Diced Pears Milk	12 Turkey Gravy / Biscuits Broccoli Peas Sherbet Cup Crisp Apple Wedges Milk	13 K-3 Grilled Chicken Cheese melt 4-12 Grilled Chicken Flatbread Sliced Tomatoes Seasoned Green Beans Juicy Orange Wedges Milk	14 K-3 Cheese Bosco Sticks 4-12 Italian Dunker w/ Marinara Sauce Seasoned Corn Crunchy Baby Carrots Applesauce Milk
17 K-5 Hot Ham Sandwich 6-12 Cheese Slice Bkd. French Fries Crisp Cucumbers Diced Peaches Milk	18 K-5 Softshell Taco 6-12 Taco Bar Lettuce/Tomato/Salsa Hearty Refried Beans Pineapple Tidbits WG Cookie Milk	19 K-5 Mac & Cheese 6-12 Pasta Bar Seasoned Corn Crunchy Baby Carrots Dinner Roll /Jelly Crisp Apple Wedges Milk	20 Chicken Patty on a Bun Vegetable Variety Fruit Variety Milk	21 Pizza Crunchers Vegetable Variety Fruit Variety Milk
24	25	26	27	28

EXTRA INFO

USDA Requirements for a reimbursable School Lunch

5 Daily Lunch Component Requirements:

Meat/Meat Alternate
Fruit
Vegetable
Bread
Milk

Students must choose at least 3 items of the 5. One must be a serving of fruit or vegetable or a combination of both

Skim, Skim Chocolate 1% Milk are offered daily.

Whole grain buns, breads, are always used

All items offered meet the USDA requirements in limiting calories, fat, and sugar.

