

November 30, Dec 7,14	Dec 1,8,15	Dec 2,9,16	Dec 3,10,17	Dec 4,11,18
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	\$1.00 for preK-5 grade	\$1.25 for Middle and High		Staff \$2.00 Visitor \$2.50
Cereal Toast Juice and/or fruit Milk	Biscuit with Jelly or Meat Biscuit Fruit or Juice Milk	Pancakes or French Toast Fruit or Juice Milk	Oatmeal and Toast Juice or Fruit Milk	Cereal and Toast Juice or Fruit Milk
Lunch	Elementary \$1.75	Middle \$2.00	High School \$2.25	Staff \$3.00 Visitor \$3.75
Deli or Sub Sandwich on Whole Grain Bun Lettuce and Tomato Fresh Apples or Pears Seasoned Green Beans or Peas Milk Variety	Spaghetti Noodles with Meat Sauce Steamed Broccoli Lettuce Salad with Dressing Bananas Garlic Toast Milk Variety	Hamburger Patty on Whole Grain Bun Lettuce and Tomato Whole Kernel Corn Mixed Fruit Milk Variety	Taco Salad with Nacho Meat and Cheese over Lettuce and Spinach Oven Potatoes Oranges or Tangerines Milk Variety	Pepperoni and Cheese Pizza on Whole Grain Crust Whole Kernel Corn Applesauce Milk Variety
Deli or Sub Sandwich on Whole Grain Bun Lettuce and Tomato Fresh Apples or Pears Seasoned Green Beans or Peas Milk Variety	Chicken Pot Pie Lettuce and Spinach Salad Oranges or Tangerines Whole Grain Rolls Milk Variety	Hamburger Patty on Whole Grain Bun Lettuce and Tomato Whole Kernel Corn Mixed Fruit Milk Variety	Pork or Turkey BBQ Baked or Creamed Potatoes Seasoned Green Beans Baked, Spiced Apples or Spiced Fruit Whole grain bun or rolls Milk Variety	Pepperoni and Cheese Pizza on Whole Grain Crust Whole Kernel Corn Applesauce Milk Variety
Deli or Sub Sandwich on Whole Grain Bun Lettuce and Tomato Fresh Apples or Pears Seasoned Green Beans or Peas Milk Variety	Macaroni and Cheese Pinto Beans Steamed Cabbage or Cole Slaw Fruit Juice Corn Bread Christmas Cake or Cookies Milk Variety	Hamburger Patty on Whole Grain Bun Lettuce and Tomato Whole Kernel Corn Mixed Fruit Milk Variety	Managers Choice for Holidays	Pepperoni and Cheese Pizza on Whole Grain Crust Whole Kernel Corn Applesauce Milk Variety or Managers Choice
HAPPY HOLIDAYS!!!!!!!!!!!!!!	If your income has decreased or family size has increased, please fill out another application for free and reduced meals for the student. You may become eligible for the free or reduced benefit.			

Milk is always offered at every meal. Fresh fruit or vegetable is served a minimum of 2 times a week. Substitutions and additions can occur.

USDA approved lunch is considered to be three selections from the following: meat, bread, milk, two fruit or fruit juice/vegetable. USDA approved breakfast is considered to be three selections from the following: meat or bread, milk, fruit or fruit juice. We encourage the consumption of fruit and vegetables at each meal.

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