

December



Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Sandwich with French Fries Pickle Salad Choice of Fresh Fruit	3 Nachos Spanish Rice Refried Beans Lettuce & Tomato Tropical Fruit	4 Pizza Green Beans Italian Salad Fruit Cup	5 Baked Chicken Hot Roll Roasted Potatoes Steamed Baby Carrots Fruit Cup	6 Chicken Smackers Mashed Potatoes Bread Sticks Seasoned Vegetables Strawberries & Cream
9 Cheese Burger Basket with French Fries Pickle Salad Choice of Fresh Fruit	10 Quesadillas Spanish Rice Pinto Beans Lettuce & Tomato Fruit Salad	11 Pizza Fresh Cucumber and Tomato Salad Seasoned Vegetables Mixed Fruit	12 Steak Fingers Hot Roll Mashed Potatoes Steamed Vegetables Banana Sundaes	13 PB&J and Cheese Stick Teddy Grahams Baby Carrots Tropical Pineapple
16 Chicken Sandwich Basket with French Fries Pickle Salad Choice of Fresh Fruit	17 Taco Tuesday!! Tacos Spanish Rice Refried Beans Lettuce & Tomato Fruit	18 Pizza Italian Salad Green Beans Peach Cup	19 Chicken and Waffles Roasted Corn Iron Man Salad Fruit Cup	20 Grab N' Go Sack Lunch 

Breakfast Your Way
into a **Great** Day!



During a busy morning, **breakfast** can be the last thing on your mind, but taking a few minutes to eat can really make a **difference** in your day!

After an overnight fast, **breakfast** is necessary to provide your body and brain with the **fuel** it needs to get going. If you skip this **essential** meal you are literally running on empty, like a car with no gas. **Breakfast** can also be **good** for your waistline. Studies show **breakfast** eaters are more likely to be in their **ideal weight** range compared to **breakfast** skippers.

Are you convinced yet of how **vital breakfast** is? Well did you know your school provides a **nutritious** and well-balanced **breakfast** to get you started every morning. There is no reason not to eat the most **important** meal of the day!

Merry Christmas and Happy New Year



An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Pig in a Blanket or Breakfast Taco	Breakfast Bowl w/ Tortilla or Breakfast Sandwich	Breakfast Pizza	Pancake Wrap or Biscuit w/ Sausage & Gravy	Cheese Omelet or Eggs w/ Toast and Bacon or Sausage

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