


# December Menu



Every lunch includes a choice of milk, Grab & Go Boxed Lunch, and Chef Salad.

Monday	Tuesday	Wednesday	Thursday	Friday
November 30 Asian Bowl or PB&J Grab & Go Oriental Vegetables Steamed Baby Carrots Tropical Pineapple	1 Nachos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Mixed Fruit	2 Spagazza with Garlic Toast or Pizza Green Beans Italian Salad Fruit Cup	3 Country Bowl with Creamy Mashed Potatoes and Seasoned Corn or Popcorn Chicken Bucket with Fries Tossed Salad Hot Roll Color-Filled Apple Sauce	4 Chicken Sandwich or Cheese Burger Basket Lettuce, Pickles, & Tomatoes Choice of Fresh Fruit
7 Chicken Alfredo with Garlic Stick or Corn Dog with Chips Seasoned Vegetables Glazed Carrots Fruit Cup	8 Corn Chip Pie or Crispito Lettuce & Tomato Homemade Salsa Pinto Beans Spanish Rice Fruit Salad	9 Meatball Subs or Pizza Cucumber Nachos Seasoned Vegetables Mixed Fruit	10 Steak Fingers or Chicken Nuggets Hot Roll Creamy Mashed Potatoes Steamed Broccoli Banana Sundaes	11 Chopped BBQ on Bun or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes. & Onions Choice of Fresh Fruit
14 Chicken and Waffles Roasted Corn Fresh Cucumber and Tomato Salad Berries & Cream	15 Tacos Lettuce & Tomato Homemade Salsa Refried Beans Spanish Rice Fruit Cup	16 Chicken Parmesan with Bread Stick or Pizza Italian Salad Seasoned Vegetables Fruit Cup	17 <b>Grab N' Go Sack Lunch</b> 	

## RED, GREEN, & ORANGE?

EVEN THOUGH CHRISTMAS IS DOMINATED BY RED AND GREEN, A SPLASH OF ORANGE CAN ADD SO MUCH MORE TO THIS HOLIDAY SEASON. CHRISTMAS IS THE PERFECT TIME FOR ORANGES! NOT ONLY ARE THEY IN SEASON, BUT THE VITAMIN C THEY CONTAIN CAN HELP PROVIDE PROTECTION AGAINST THE COLD WEATHER THIS TIME OF YEAR. YOU CAN ALSO MAKE CLOVE ORANGES LIKE IN THE PICTURE BELOW TO ADD A LITTLE FRESHNESS TO THE SEASON!



# Merry Christmas!

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 & 3	Biscuits & Gravy	Scrambled Eggs with Bacon & Toast	Honey Bun	Pancake Wrap	Breakfast Pizza
Week 2	Pancakes w/ Fruit Topping and Whipped Cream	Ham & Cheese Croissants	Muffin & Yogurt	Chicken Biscuit	Pig in a Blanket



Assistance available in English and Spanish. Please call 877-TEX-MEAL (877-839-6325) for help. In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9922. Submit your completed form or letter to USDA by mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Ave, SW, Washington, D.C., 20250-9410. Fax: (202) 690-7442. E-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.