

## AVINGER ISD

### Good Eats at Avinger School

December \_\_\_\_\_ 2018

All students are offered a complete meal. To include the 5 food groups: Protein, Dairy, Vegetables, Fruit and Grain

Flavored Fat Free Milk 1% White Milk Offered Everyday

Avinger ISD is an equal opportunity provider.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

	3	4	5	6	7
	Cereal, Toast, Fruit	Waffles, Fruit	Honey Bun, Sliced Peaches	Omelet, Fruit	Pop Tart, Fruit
	Steak Fingers, Mashed Potato, Green beans, Pineapple Tidbits	Mandarin Orange Chicken, Yakisoba Noodles, Broccoli, Carrots, Fruit	Tacos, Refried Beans, Mexican Corn, Fruit	Pizza, Side Salad, Veggie Sticks, Pineapple Tidbits	Chicken On A Bun, French Fries, Pickles, Fruit
<b>SPECIAL ANNOUNCEMENTS</b>	10	11	12	13	14
	Honey Buns, Fruit	Breakfast Pizza, Fruit	Waffles, Pineapples	Brk Bar, Fruit	Cereal, Toast, Fruit
	Corn Dogs, Baked Beans, French Fries Fruit	Chicken Nuggets, Spinach, Cauliflower, Fruit ,Side Kick	Salisbury Steak, Early Peas , Scalloped Potatoes, Roll, Fruit	Hamburgers, French Fries, Side Salad, Fruit	Smuckers PBJ Sandwich, Veggie Sticks, Chips ,Fresh Fruit
	17	18	19	20	21
	Omelet, Fruit	Cereal, Cinnamon Toast, Diced Peaches	Oatmeal, Cinnamon Toast, Diced Peaches	Pop Tarts, Fruit	<b>Christmas Break</b>
	Pizza, Corn, Veggie Sticks, Pineapple Tidbits	Cristpitos, Refried Beans, Garden Salad, Tropical Fruit	Chili Dogs, Chips ,Baked Beans, Tropical Fruit	Grilled Cheese, Sandwich, Veggie Sticks, Chips, Fresh Fruit	
	24	25	26	27	28
	Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break
	31				
	Christmas Break				