



**Arcadia Valley
MIDDLE
SCHOOL & HIGH
SCHOOL
BREAKFAST &
LUNCH**

DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Take the Extreme Fruit and Vegetable Challenge! This month we challenge you to take a taste of fresh Pomegranates and fresh Grapefruit!</p>		<p>1 Chicken Patty 1 Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk</p> <p>2 Pork Roast Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk</p> <p>3 Salad Bar</p>	<p>1 Taco Salad 2 Black Beans Mandarin Oranges, Cowboy Cookie, Milk</p> <p>2 Italian Sub Garden Salad, Mandarin Oranges, Cowboy Cookie Milk</p> <p>3 Cheeseburger on Bun French Fries Mandarin Oranges, Cowboy Cookie, Milk</p> <p>Salad Bar</p>	<p>1 Pita Pizza 3 Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk</p> <p>2 Parmesan Chicken Sandwich Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk</p> <p>3 Beef Fajitas Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk</p> <p>Salad Bar</p>
<p>1 Chicken Tenders 6 Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk</p> <p>2 BBQ Rib Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk</p> <p>3 Chicago Style Hotdog Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk</p> <p>Salad Bar</p>	<p>1 Cheeseburger 7 Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>2 Super Nacho's Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>3 Taco Pie Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>Salad Bar</p>	<p>1 Chicken Patty 8 Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk</p> <p>2 Meatloaf Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk</p> <p>3 Salad Bar</p>	<p>1 Chicken Alfredo w/Italian Bread, 9 Green Beans, Chilled Pears, Fruit Crisp, Milk</p> <p>2 Corn Dog Green Beans, Chilled Pears, Fruit Crisp</p> <p>3 Chili w/ pbj Green Beans Chilled Pears, Fruit Crisp, Milk</p> <p>Salad Bar</p>	<p>1 Signature Pizza 10 Fresh Garden Veggies w/Dip Chilled Apricots, PB Monster Cookie, Milk</p> <p>2 Ham and Cheese Calzone Fresh Garden Veggies w/Dip, Chilled Apricots, PB Monster Cookie, Milk</p> <p>3 Philly Steak Sandwich, Fresh Garden Veggies w/dip, Chilled Apricots, PB Monster Cookie, Milk</p> <p>Salad Bar</p>
<p>1 3 Cheese Grilled Cheese 13 Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk</p> <p>2 BBQ Pork on a Bun Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk</p> <p>3 Hotdog on Bun Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk</p> <p>Salad Bar</p>	<p>1 Tacos 14 Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk</p> <p>2 All American Sub Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk</p> <p>3 Popcorn Chicken Macaroni and Cheese, Fresh Orange Smiles, Whipped Jello, Milk</p> <p>Salad Bar</p>	<p>1 Roast Turkey 15 Mashed Potatoes w/Gravy Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk</p> <p>2 Chicken Patty Mashed Potatoes w/Gravy Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk</p> <p>3 Salad Bar</p>	<p>Breakfast For Lunch! 16</p> <p>1 Biscuits and Gravy Sausage, Potato Rounds Fresh Apple, Milk</p> <p>2 Trix Yogurt General Mills Frudel Fresh Apple, Milk</p> <p>3 Pancakes Sausage, Potato Rounds Fresh Apple Milk</p> <p>Salad Bar</p>	<p>1 Gilardi's WG Pizza 17 Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk</p> <p>2 Spicy Chicken Sandwich Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk</p> <p>3 BBQ Rib on Bun Crunchy Veggies w/dip, Tropical Fruit, Chocolate Cookie, Milk</p> <p>Salad Bar</p>
<p>New Item - Menu Feature! 20</p> <p>1 Sweet & Sour Shrimp Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>2 Popcorn Chicken Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>3 White Chili Cornbread, Hashbrown Pineapple, Snickerdoodle, Milk</p> <p>Salad Bar</p>	<p>1 Spaghetti w/ WG Bread Sticks, Green Beans, Fresh Orange Smiles, Jello, Milk 21</p> <p>2 Pig in a Blanket Green Beans, Fresh Orange Smiles, Jello, Milk</p> <p>3 Chicken and Noodles Green Beans Fresh Orange Smiles, Jello, Milk</p> <p>Salad Bar</p>	<p>22</p> <p>No School</p> <p>Happy Holidays</p>	<p>23</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>

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Our Menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.
Milk Served Daily:
1%, Skim, & Chocolate Skim
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Menus are subject to Change



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