



**Crawford County
R-I School
District
ELEMENTARY &
MIDDLE SCHOOL
BREAKFAST &
LUNCH**

DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Peanuts!! Will Be In Our Recipes On The 10th & 17th!!		1 Chicken Patty 1 Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk 2 Pork Roast Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk 3 Caesar Chef Salad Chilled Peaches, Opaa! Hot Roll, Milk	New Item-Menu Feature! 2 1 Homemade Chicken Noodle Soup w/ Snowman Pretzel Garden Salad, Mandarin Oranges, Cowboy Cookie Milk 2 All American Hot Dog Garden Salad, Mandarin Oranges, Cowboy Cookie Milk 3 Cobb Chef Salad Mandarin Oranges, Cowboy Cookie, Milk	1 Pita Pizza 3 Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 2 Turkey Club Wrap Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 3 Italian Chef Salad Fresh Apple, Rainbow Cake, Milk
	1 Popcorn Chicken 6 Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk 2 BBQ Rib Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk 3 Chef Salad Orange Pineapple Mix, Oatmeal Muffin, Milk	1 Hamburger 7 Fresh Garden Salad, Fresh Grapes, Jello, Milk 2 Super Nacho's Fresh Garden Salad, Fresh Grapes, Jello, Milk 3 Chicken Fajita Chef Salad Fresh Grapes, Jello, Milk	1 Chicken Patty 8 Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk 2 Meatloaf Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk 3 Caesar Salad Dried Cranberries, Opaa! WG Hot Roll, Milk	1 Spaghetti and Meat Sauce 9 w/Italian Bread, Green Beans, Chilled Peas, Fruit Crisp, Milk 2 Corn Dog Green Beans, Chilled Peas, Fruit Crisp 3 Cobb Chef Salad Chilled Peas, Fruit Crisp, Milk
1 3 Cheese Grilled Cheese 13 Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk 2 BBQ Pork on a Bun Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk 3 Chef Salad w/ WG Bread Stick Blushing Pears, Cinnamon Delight Cookie, Milk	1 Tacos 14 Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 2 All American Sub Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 3 Chicken Fajita Chef Salad Fresh Orange Smiles, Whipped Jello, Milk	1 Roast Turkey 15 Mashed Potatoes w/Gravy Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk 2 Chicken Patty Mashed Potatoes w/Gravy Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk 3 Caesar Salad Dried Cherries, Opaa! Hot Roll, Milk	Breakfast For Lunch! 16 1 Biscuits and Gravy Sausage, Potato Rounds Fresh Apple Slices, Milk 2 Trix Yogurt General Mills Frudel Fresh Apple Slices, Milk 3 Cobb Chef Salad Fresh Apple Slices, Fruit Muffin, Milk	1 Gilardi's WG Pizza 17 Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk 2 PBJ on Whole Wheat Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk 3 Italian Chef Salad Tropical Fruit, Chocolate Cookie, Milk
1 Popcorn Chicken 20 Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk 2 Chicken Nuggets Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk 3 Chef Salad WG Bread Stick, Pineapple, Snickerdoodle, Milk	1 Spaghetti with Meat Sauce 21 WG Bread Sticks, Green Beans, Fresh Orange Smiles, Milk 2 Pig in a Blanket Green Beans, Orange Smiles, Jello, Milk 3 Chicken Fajita Chef Salad Orange Smiles, Jello, Milk	1 Chicken Patty 22 Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk 2 Meat Loaf Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk 3 Caesar Chef Salad Apricots, Opaa! Hot Roll, Milk	23	24
27	28	29	30	31

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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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