



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

DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Patty 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 Salad Bar	1 Taco Salad Black Beans Mandarin Oranges, Cowboy Cookie, Milk 2 Italian Sub Garden Salad, Mandarin Oranges, Cowboy Cookie Milk 3 Salad Bar	1 Pita Pizza Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 2 Parmesan Chicken Sandwich Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk 3 Salad Bar
1 Chicken Tenders Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk 2 BBQ Rib Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk 3 Salad Bar	1 Cheeseburger Fresh Garden Salad, Fresh Grapes, Jello, Milk 2 Super Nacho's Fresh Garden Salad, Fresh Grapes, Jello, Milk 3 Salad Bar	1 Chicken Patty 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 Salad Bar	1 Chicken Alfredo w/Italian Bread, Green Beans, Chilled Pears, Fruit Crisp, Milk 2 Corn Dog Green Beans, Chilled Pears, Fruit Crisp 3 Salad Bar	1 Signature Pizza Fresh Garden Veggies w/Dip Chilled Apricots, PB Monster Cookie, Milk 2 Ham and Cheese Calzone Fresh Garden Veggies w/Dip, Chilled Apricots, PB Monster Cookie, Milk 3 Salad Bar
1 3 Cheese Grilled Cheese Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk 2 BBQ Pork on a Bun Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk 3 Salad Bar	1 Tacos Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 2 All American Sub Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 3 Salad Bar	1 Roast Turkey 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 Salad Bar	1 Biscuits and Gravy Sausage, Potato Rounds Fresh Apple Slices, Milk 2 Trix Yogurt General Mills Frudel Fresh Apple Slices, Milk 3 Salad Bar	1 Gilardi's WG Pizza Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk 2 Spicy Chicken Sandwich Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk 3 Salad Bar
New Item - Menu Feature! 1 Sweet & Sour Shrimp Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk 2 Popcorn Chicken Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk 3 Salad Bar	1 Spaghetti w/ WG Bread Sticks, Green Beans, Fresh Orange Smiles, Jello, Milk 2 Pig in a Blanket Green Beans, Fresh Orange Smiles, Jello, Milk 3 Salad Bar	1 Chicken Patty 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 Salad Bar		

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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

