



El Dorado Springs
R-II School
District
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 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 Caesar Chef Salad Chilled Peaches, Opaa! Hot Roll, Milk Deli Sandwich Bar</p>	<p>1 Taco Salad Black Beans Mandarin Oranges, Cowboy Cookie, Milk</p> <p>2 Italian Sub Garden Salad, Mandarin Oranges, Cowboy Cookie Milk</p> <p>3 Cobb Chef Salad Mandarin Oranges, Cowboy Cookie, Milk Hot Dog Bar</p>	<p>1 Pita Pizza 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 Asian Chef Salad Fresh Apple, Rainbow Cake, Milk Hamburger 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 Chef Salad Orange Pineapple Mix, Oatmeal Muffin, Milk Pasta Bar</p>	<p>1 Cheeseburger 7 Fresh Garden Salad, Fresh Fruit, Jello, Milk</p> <p>2 Super Nacho's Fresh Garden Salad, Fresh Fruit, Jello, Milk</p> <p>3 Chicken Fajita Chef Salad Fresh Fruit, Jello, Milk Soup and Sandwich 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 Caesar Salad Dried Cranberries, Opaa! WG Hot Roll, Milk Deli Sub Sandwich</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 Cobb Salad, Chilled Pears, Fruit Crisp, Milk BBQ Bar</p>	<p>Dismiss at 12:40 10</p> <p>1 Signature Pizza 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 Asian Chef Salad Chilled Apricots, PB Monster Cookie, Milk</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 Chef Salad w/ WG Bread Stick, Blushing Pears, Cinnamon Delight Cookie, Milk Potato 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 Asian Chef Salad Fresh Orange Smiles, Whipped Jello, Milk BBQ 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 Caesar Salad Dried Cherries, Opaa! Hot Roll, Milk</p>	<p>1 Biscuits and Gravy 16 Sausage, Potato Rounds Fresh Apple Slices, Milk</p> <p>2 Trix Yogurt General Mills Frudel Fresh Apple Slices, Milk</p> <p>3 Cobb Chef Salad Fresh Apple Slices, Fruit Muffin, Milk Hamburger Bar</p>	<p>Dismiss at 12:40 17</p> <p>1 Gilardi's WG Pizza 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 Asian Chef Salad Tropical Fruit, Chocolate Cookie, Milk</p>
20	21	22	23	24
Happy Holidays!	Happy Holidays!	Happy Holidays!	Happy Holidays!	Happy Holidays!
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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