



Excelsior Springs
School District
#40
MIDDLE SCHOOL &
HIGH SCHOOL
BREAKFAST &
LUNCH

DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Take the Extreme Fruit and Vegetable Challenge! This month we challenge you to take a taste of fresh Pomegranates and fresh Grapefruit!		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 Caesar Chef Salad Chilled Peaches, Opaa! Hot Roll, Milk	1 Taco Salad Black Beans Mandarin Oranges, Cowboy Cookie, Milk 2 Italian Sub Garden Salad, Mandarin Oranges, Cowboy Cookie Milk 3 Cobb Chef Salad Mandarin Oranges, Cowboy Cookie, Milk	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 Asian Chef Salad Fresh Apple, Rainbow Cake, Milk
1 Chicken Tenders 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	Pearl Harbor Day	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 Caesar Salad Dried Cranberries, Opaa! WG Hot Roll, Milk	1 Chicken Alfredo w/Italian Bread, Green Beans, Chilled Pears, Fruit Crisp, Milk 2 Corn Dog Green Beans, Chilled Pears, Fruit Crisp 3 Cobb Salad, Chilled Pears, Fruit Crisp, Milk	1 Signature Pizza Fresh Garden Veggies w/Dip Chilled Apricots, Sugar Cookie, Milk 2 Ham and Cheese Calzone Fresh Garden Veggies w/Dip, Chilled Apricots, Sugar Cookie, Milk 3 Asian Chef Salad Chilled Apricots, Sugar Cookie, Milk
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 Chef Salad w/ WG Bread Stick, Blushing Pears, Cinnamon Delight Cookie, Milk	1 Tacos Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 2 All American Sub Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk 3 Asian Chef Salad Fresh Orange Smiles, Whipped Jello, Milk	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 Caesar Salad Dried Cherries, Opaa! Hot Roll, Milk	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	Beethoven's Birthday
New Item - Menu Feature!	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 Chicken Fajita Chef Salad Fresh Orange Smiles, Jello, Milk	Happy Holidays!		
Winter Break				New Year's Eve

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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



Our Mission: "Make Their Day"
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