



Gasconade Co.
R-I School
District
ELEMENTARY
BREAKFAST &
LUNCH

DECEMBER 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Take the Challenge! This month we challenge you to take a taste of fresh Pomegranate and Grapefruit. We Challenge you to give these foods a try!</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</p>	<p>New Item-Menu Feature! 2</p> <p>1 Homemade Chicken Noodle Soup w/ Snowman Pretzel Garden Salad, Mandarin Oranges, Cowboy Cookie Milk</p> <p>2 All American Hot Dog Garden Salad, Mandarin Oranges, Cowboy Cookie Milk</p> <p>3 Cobb Chef Salad Mandarin Oranges, Cowboy Cookie, Milk</p>	<p>1 Pita Pizza Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk</p> <p>2 Turkey Club Wrap Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk</p> <p>3 Italian Chef Salad Fresh Apple, Rainbow Cake, Milk</p>
<p>1 Popcorn Chicken 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</p>	<p>1 Hamburger Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>2 Super Nacho's Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>3 Chicken Fajita Chef Salad Fresh Grapes, Jello, Milk</p>	<p>1 Chicken Patty 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</p>	<p>1 Spaghetti and Meat Sauce w/Italian Bread, Green Beans, Chilled Pears, Fruit Crisp, Milk</p> <p>2 Corn Dog Green Beans, Chilled Pears, Fruit Crisp</p> <p>3 Cobb Chef Salad Chilled Pears, Fruit Crisp, Milk</p>	<p>1 Gilardi's Pizza Fresh Garden Veggies w/Dip Chilled Peaches, PB Monster Cookie, Milk</p> <p>2 Ham and Cheese Calzone Fresh Garden Veggies w/Dip, Chilled Peaches, PB Monster Cookie, Milk</p> <p>3 Italian Chef Salad Chilled Peaches, PB Monster Cookie, Milk</p>
<p>1 3 Cheese Grilled Cheese 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</p>	<p>1 Tacos 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 Chicken Fajita Chef Salad Fresh Orange Smiles, Whipped Jello, Milk</p>	<p>1 Roast Turkey 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 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</p>	<p>1 Gilardi's WG Pizza Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk</p> <p>2 PBJ on Whole Wheat Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk</p> <p>3 Italian Chef Salad Tropical Fruit, Chocolate Cookie, Milk</p>
<p>1 Popcorn Chicken Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>2 Chicken Nuggets Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>3 Chef Salad WG Bread Stick, Pineapple, Snickerdoodle, Milk</p>	<p>1 Spaghetti with Meat Sauce WG Bread Sticks, Green Beans, Fresh Orange Smiles, Milk</p> <p>2 Pig in a Blanket Green Beans, Orange Smiles, Jello, Milk</p> <p>3 Chicken Fajita Chef Salad Orange Smiles, Jello, Milk</p>	<p>1 Chicken Patty Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk</p> <p>2 Meat Loaf Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk</p> <p>3 Caesar Chef Salad Apricots, Opaa! Hot Roll, Milk</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

