



Gasconade Co.  
R-I School  
District  
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 <b>Chicken Patty</b> Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk</p> <p>2 <b>Pork Roast</b> Mashed Potatoes w/Gravy Glazed Carrots, Opaa! Hot Roll, Chilled Peaches, Milk</p> <p>3 <b>Salad Bar</b> Chilled Peaches, Opaa! Hot Roll, Milk</p>	<p>2 <b>Taco Salad</b> Black Beans Mandarin Oranges, Cowboy Cookie, Milk</p> <p>2 <b>Italian Sub</b> Garden Salad, Mandarin Oranges, Cowboy Cookie Milk</p> <p>3 <b>Salad Bar</b> Mandarin Oranges, Cowboy Cookie, Milk Edna's Bar</p>	<p>3 <b>Pita Pizza</b> Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk</p> <p>2 <b>Parmesan Chicken Sandwich</b> Garden Fresh Veggies w/dip, Fresh Apple, Rainbow Cake, Milk</p> <p>3 <b>Salad Bar</b> Fresh Apple, Rainbow Cake, Milk Bearcat Burger Bar</p>
<p>1 <b>Chicken Tenders</b> 6 Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk</p> <p>2 <b>BBQ Rib</b> Oven Fries, Orange Pineapple Mix, Oatmeal Muffin, Milk</p> <p>3 <b>Salad Bar</b> Orange Pineapple Mix, Oatmeal Muffin, Milk Hot Dog Bar</p>	<p>1 <b>Cheeseburger</b> 7 Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>2 <b>Super Nacho's</b> Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>3 <b>Salad Bar</b> Fresh Grapes, Jello, Milk Mac-n-Cheese Bar</p>	<p>1 <b>Chicken Patty</b> 8 Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk</p> <p>2 <b>Meatloaf</b> Mashed Potatoes w/Gravy Mixed Vegetables, Opaa! WG Hot Roll, Dried Cranberries, Milk</p> <p>3 <b>Salad Bar</b> Dried Cranberries, Opaa! WG Hot Roll, Milk</p>	<p>1 <b>Chicken Alfredo w/Italian Bread,</b> 9 Green Beans, Chilled Pears, Fruit Crisp, Milk</p> <p>2 <b>Corn Dog</b> Green Beans, Chilled Pears, Fruit Crisp</p> <p>3 <b>Salad Bar,</b> Chilled Pears, Fruit Crisp, Milk Edna's Bar</p>	<p>1 <b>Signature Pizza</b> 10 Fresh Garden Veggies w/Dip Chilled Apricots, PB Monster Cookie, Milk</p> <p>2 <b>Ham and Cheese Calzone</b> Fresh Garden Veggies w/Dip, Chilled Apricots, PB Monster Cookie, Milk</p> <p>3 <b>Salad Bar</b> Chilled Apricots, PB Monster Cookie, Milk Bearcat Burger Bar</p>
<p>1 <b>3 Cheese Grilled Cheese</b> 13 Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk</p> <p>2 <b>BBQ Pork on a Bun</b> Baked Beans, Blushing Pears, Cinnamon Delight Cookie, Milk</p> <p>3 <b>Salad Bar w/ WG Bread Stick,</b> Blushing Pears, Cinnamon Delight Cookie, Milk Italian Bar</p>	<p>1 <b>Tacos</b> 14 Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk</p> <p>2 <b>All American Sub</b> Garden Salad, Fresh Orange Smiles, Whipped Jello, Milk</p> <p>3 <b>Salad Bar</b> Fresh Orange Smiles, Whipped Jello, Milk Soup-n-Sandwich</p>	<p>1 <b>Roast Turkey</b> 15 Mashed Potatoes w/Gravy Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk</p> <p>2 <b>Chicken Patty</b> Mashed Potatoes w/Gravy Glazed Carrots, Dried Cherries, Opaa! Hot Roll, Milk</p> <p>3 <b>Caesar Salad</b> Dried Cherries, Opaa! Hot Roll, Milk</p>	<p>1 <b>Biscuits and Gravy</b> 16 Sausage, Potato Rounds Fresh Apple Slices, Milk</p> <p>2 <b>Trix Yogurt</b> General Mills Frudel Fresh Apple Slices, Milk</p> <p>3 <b>Salad Bar</b> Fresh Apple Slices, Fruit Muffin, Milk Edna's Bar</p>	<p>1 <b>Gilardi's WG Pizza</b> 17 Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk</p> <p>2 <b>Spicy Chicken Sandwich</b> Crunchy Veggies w/ Dip Tropical Fruit, Chocolate Cookie, Milk</p> <p>3 <b>Salad Bar</b> Tropical Fruit, Chocolate Cookie, Milk Bearcat Burger Bar</p>
<p>New Item - Menu Feature! 20</p> <p>1 <b>Sweet &amp; Sour Shrimp</b> Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>2 <b>Popcorn Chicken</b> Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>3 <b>Salad Bar w/ WG Bread Stick,</b> Pineapple, Snickerdoodle, Milk Nacho's</p>	<p>1 <b>Spaghetti w/ WG Bread Sticks,</b> 21 Green Beans, Fresh Orange Smiles, Jello, Milk</p> <p>2 <b>Pig in a Blanket</b> Green Beans, Fresh Orange Smiles, Jello, Milk</p> <p>3 <b>Salad Bar</b> Fresh Orange Smiles, Jello, Milk Breakfast Bar</p>	<p>1 <b>Chicken Patty</b> 22 Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk</p> <p>2 <b>Meat Loaf</b> Mashed Potatoes w/Gravy Peas and Carrots, Opaa! Hot Roll, Apricots, Milk</p> <p>3 <b>Salad Bar</b> Apricots, Opaa! Hot Roll, Milk</p>	23	24
27	28	29	30	31

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1%, Skim, & Chocolate Skim  
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