



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 1 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 Salad Bar</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 Salad Bar</p>	<p>1 Pita Pizza 3 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 Salad Bar</p>
<p>1 Popcorn Chicken 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 Salad Bar</p>	<p>1 Hamburger 7 Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>2 Super Nacho's Fresh Garden Salad, Fresh Grapes, Jello, Milk</p> <p>3 Salad 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 Salad Bar</p>	<p>1 Spaghetti and Meat Sauce 9 w/Italian Bread, Green Beans, Chilled Pears, Fruit Crisp, Milk</p> <p>2 Corn Dog Green Beans, Chilled Pears, Fruit Crisp</p> <p>3 Salad Bar</p>	<p>1 Gilardi's Pizza 10 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 Salad Bar</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 Salad 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 Salad 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 Salad Bar</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 Salad Bar</p>	<p>1 Gilardi's WG Pizza 17 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 Salad Bar</p>
<p>1 Popcorn Chicken 20 Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>2 Chicken Nuggets Fried Rice, Glazed Carrots, Pineapple, Snickerdoodle, Milk</p> <p>3 Salad Bar</p>	<p>1 Spaghetti with Meat Sauce 21 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 Salad Bar</p>	<p>22 Early Release!! Bulldogs Sack Lunch Turkey & Cheese Sandwich Goldfish Crackers Fresh Fruit, Sugar Cookie, Milk</p>	<p>23</p>	<p>24</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</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



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