



**Kennett School
District #37
MIDDLE
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 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 Caesar Chef Salad Chilled Peaches, Opaa! Hot Roll, Milk</p>	<p>1 Taco Salad 2 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</p>	<p>1 Pita Pizza 3 Mixed Veggies, Fresh Apple, Rainbow Cake, Milk</p> <p>2 Parmesan Chicken Sandwich Mixed Veggies, Fresh Apple, Rainbow Cake, Milk</p> <p>3 Asian Chef Salad Fresh Apple, Rainbow Cake, Milk</p>
<p>1 Hot Dog 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</p>	<p>1 Deli Sub 7 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 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</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</p>	<p>1 Pita Pizza 10 Mixed Veggies Chilled Apricots, PB Monster Cookie, Milk</p> <p>2 Ham and Cheese Calzone Mixed Veggies, 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</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</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</p>	<p>1 Pita Pizza 17 Crunchy Veggies Tropical Fruit, Chocolate Cookie, Milk</p> <p>2 Deli Sub Crunchy Veggies Tropical Fruit, Chocolate Cookie, Milk</p> <p>3 Asian Chef Salad Tropical Fruit, Chocolate Cookie, Milk</p>
20	21	22	23	24
MERRY CHRISTMAS!!!!				
27	28	29	30	31
			Daily Choices Cheeseburger & Fries or Pizza	

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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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