



December 2018



OFFERED DAILY INSIDE:

YOGURT/GRANOLA

C 290 F 4 SF 1.7 CHO 57

PB & J

C 300 F 17 SF 3 CHO 32



***Student's Choice:**

12/5/18 Pulled Pork Sandwich
C 333 F 15.34 SF 5.36 CHO 31.55

12/12/18 Mozzarella Sticks
C 300 F 12 SF 7 CHO 36

12/19/18 Chicken Tamale
C 320 F 17 SF 2 CHO 30

***Cook's Choice:**

12/6/18 Queso Blanco Nachos
C 258 F 17 SF 6.3 CHO 18

12/13/18 Beef Tostada Boat
C 302 F 18.05 SF 5.22 CHO 14.28

12/20/18 Pork Rib B Que Sandwich & Tater Tots
C 311 F 9.6 SF 2.4 CHO 38.1
C 120 F 7 SF 1 CHO 14



Winter Recess: 12/21/18 – 1/7/19



Monday
INSIDE

GALAXY PIZZA
C 300 F12 SF 4 CHO 33

KIOSK MINI CHEESE BURGERS
C 287 F 8.1 SF 3 CHO 34.3

Tuesday
INSIDE

FRENCH BREAD PIZZA
C 310 F 12 SF 4.5 CHO 34

KIOSK **ORIENTAL CHICKEN



Wednesday
INSIDE

STUDENT'S CHOICE
*SEE CHART →

KIOSK BEEF TACO STICK
C 345 F 12.82 SF 8.35 CHO 31.87

Thursday
INSIDE

COOK'S CHOICE
*SEE CHART →

KIOSK CHICKEN TENDERS
C 250 F 10 SF 1.5 CHO 15

Friday
INSIDE

SPICY CHICKEN SANDWICH
C 350 F 13 SF 2.5 CHO 42

KIOSK CORN DOG
C 238 F 9.2 SF 2.5 CHO 27.8

Choice Of: 1% White Milk, Nonfat Chocolate Milk & Strawberry Milk Offered with every meal.

*All grains served are Whole Grain Rich (WGR)



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free or reduced priced meals at:
www.lunchapplication.com



****Orange Chicken**
C 268 F 3.88 SF .68 CHO 43.39

****Spicy Sichuan Chicken**
C 198 F 2.88 SF .68 CHO 28.39

ALL LUNCHESES INCLUDE SALAD BAR
C=Calories, F=Fat, SF=Saturated Fat, CHO=Carbohydrates
Menu subject to change without notice