

DB Excel (11:00-12:30) ~ DECEMBER 2018 MENU

Pricing: Breakfast: \$1.50 Lunch \$2.60 Ala Carte prices range from \$.50 - \$3.50

LUNCH Menu for Week of DECEMBER 3rd thru DECEMBER 7th (Week 2) Lines 1, 2, and 3

Monday (W2D1)	Tuesday (W2D2)	Wednesday (W2D3)	Thursday (W2D4)	Friday (W2D5)
**Breakfast Sausage Biscuit (26) Apple Juice / Sliced Peaches (18)	Breakfast Egg & Cheese Croissant (28) Orange Juice / Banana (22)	Breakfast Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)	Breakfast Ham Cheese Croissant (28) Orange Juice / Pears(23)	Breakfast Chicken(8) Biscuit (27) Apple Juice / Fruit Mix (20)
Lunch Hot & Spicy Chicken Sandwich (43) Seasoned Green Beans (5) Waffle Fries (19) Baby Carrot Cups (8) Peaches (18) Fruit Slushie (20)	Lunch Hot Dog with Chili(33) Tater Tots (15) Baked Beans (36) Creamy Coleslaw (9) MM Fruit Salad (38) Pineapple(19)	Lunch Gen Tso's Chic Noodle Bowl (54) Egg Roll(22) Stir Fry Vegetables (3) Glazed Carrots (16) Garden Veggie Cup (3) MixBerryCup(30)Orange Wedges(8)	Lunch Corndog Nuggets (40) Steamed Broccoli(5) Corn Niblets (5) Vegetable Cup (3) Fruit Slush(20)Blushing Pears (23)	Lunch Chicken Fries(15)Sauce*Roll (27) Mashed Potatoes (22) California Blend Veg(3) Baby Carrot Cups (8) Raisels (35) Fruit Gelatin (20)

LUNCH Menu for Week of DECEMBER 10th thru DECEMBER 14th (Week 3)

Monday (W3D1)	Tuesday (W3D2)	Wednesday (W3D3)	Thursday (W3D4)	Friday (W3D5)
Breakfast Sausage Biscuit (26) Apple juice / Pineapple tidbits (19)	Breakfast Egg & Cheese Croissant (28) Orange Juice / Peaches(18)	Breakfast Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)	Breakfast Ham Cheese Croissant (28) Orange Juice / Pears(23)	Breakfast Chicken(8) Biscuit (27) Apple Juice / Fruit Mix (20)
Lunch Chicken Parmesan Sandwich (43) Seasoned Green Beans (5) Waffle Fries (19) Baby Carrot Cups (8) Applesce(13) Pineapple tidbits(19)	Lunch Taco Salad (40) Corn Niblets (5) Black Beans (15) Cucumber/Tomato Cup (3) Fruit Slushie(20) Peach Cup (30)	Lunch Lasagna Roll(35)&Garlic Bread(14) Steamed Broccoli(5) Glazed Carrots (16) Leafy Green Salad (2) Apple(12) Carmel(19) Craisins (28)	Lunch Cheesy Chicken Quesadilla (35) Southwestern Beans (15) Corn Niblets (5) Celery/Green Pepper Cup (3) Fruit Slush(20)Blushing Pears (23)	Lunch H&SChick Fries(18)*Sauce/Roll(27) Roasted Potato Wedges (22) California Blend Veg(3) Baby Carrot Cups (8) Fruit Gelatin (20) Raisels (35)

LUNCH Menu for Week of DECEMBER 17th thru DECEMBER 21st (Week 1)

Monday (W1D1)	Tuesday (W1D2)	Wednesday (W1D3)	Thursday (W1D4)	Friday (W1D5)
Breakfast Sausage Biscuit (26) Apple juice / Applesauce (13)	Breakfast Egg & Cheese Croissant (28) Orange Juice / Banana (22)	Breakfast Sunrise Sausage & Egg Slider (28) Apple Juice / Fresh Orange (8)	Breakfast Ham Cheese Croissant (28) Orange Juice / Pineapple (19)	Breakfast Chicken(8) Biscuit (27) Apple Juice / Fruit Mix (20)
Lunch Big Chicken Sandwich (43) Seasoned Green Beans (5) Waffle Fries (19) Baby Carrot Cups (8) Applesauce(13) Fruit Slushie (20)	Lunch Bacon Cheeseburger (31) Tater Tots (15) Baked Beans (36) Cucumber/Tomato Cup (3) Peach Cup(30)Mixed Grapes(8)	Exam Schedule PB& J Fast Packs	Exam Schedule PB& J Fast Packs	Exam Schedule PB& J Fast Packs

Available Daily:
Fruit & Yogurt Parfait(72) Salads, Various Assorted Fast Pack (86) PB & J Uncrustables (33) Asst. Deli Sandwich Box(65) (Roast Beef, Ham,Turkey) Variety of Fruit and Fresh Vegetables Chips (lg. & sm.) & Assorted Grains Cereal bars, Rice Krispy Treats Fruit Roll Ups (11) Fresh Baked Cookies(24) Bottled water - assorted flavored and unflavored G2 Powerade "Ice" Drink Milk - variety



Loaded Baked Potatoes(40)
now available on Monday,
Wednesday & Friday

These Lunch choices will be available on a daily basis:	
Sandwiches (30) Ham Turkey Roast Beef Chicken Salad Fast Packs(46) & PBJ Fast Packs (86)	Grab & Go Salads: Chef and Grilled Chicken (46) Fruit & Yogurt Parfait (72) (counts as a meal)
Milk Choices offered with breakfast and lunch daily 1% milk (11), Skim milk (12), Chocolate milk (24), Strawberry milk (22)	

These Breakfast choices will be available on a daily basis:
Cereal (14-25), Assorted Fruits (12-20) and Beverages, 100% Fruit Juices (13-19) *

CHRISTMAS / WINTER BREAK



DEC. 24th - JAN 7th



REMINDER:
All breakfasts/lunches must contain a fruit or vegetable.
For more information about meals, nutrition, and our online payment system, visit our website at www.k12k.com

Numbers in parenthesis () indicate the carb counts for the item listed

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