

**December Menu 2018**  
**Hearst & Walnut Grove Elementary Schools**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Mini Corn Dogs & Tater Tots Bean & Cheese Burrito* & Salsa <i>Get Healthy Salad Bar</i>	<b>4</b>  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Ice <i>Get Healthy Salad Bar</i>	<b>5</b> Chicken Tenders & Wedge Potatoes Cheesy Wheel* & Marinara <i>Get Healthy Salad Bar</i>	<b>6</b> Turkey & Gravy with Mashed Potatoes Cheese Quesadilla* & Salsa <i>Get Healthy Salad Bar</i>	<b>7</b> Beef Taco Stick & Salsa Stuffed Cheese Shells* & Marinara Sauce <i>Get Healthy Salad Bar</i>
<b>10</b> Pop Corn Chicken & Tater Tots Cheese Omelet* & Potato Wedges <i>Get Healthy Salad Bar</i>	<b>11</b> Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Ice  <i>Get Healthy Salad Bar</i>	<b>12</b> Beef Dunkers Rice & Mixed Vegetables Bean & Cheese Burritos* & Salsa <i>Get Healthy Salad Bar</i>	<b>13</b> Shredded Pork on a Hoagie Roll Cheese Bread Sticks* <i>Get Healthy Salad Bar</i>	<b>14</b> Marinara Pasta & Chicken Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>
<b>17</b> Chicken Tenders & Potato Wedges Cheese Enchilada* & Salsa <i>Get Healthy Salad Bar</i>	<b>18</b> Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Ice  <i>Get Healthy Salad Bar</i>	<b>19</b> Mini Corn Dogs & Tater Tots Ravioli & Marinara Sauce* <i>Get Healthy Salad Bar</i>	<b>20</b> Chicken Egg Rolls & Vegetables Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	<b>21</b> Turkey Nada & Salsa Nacho Bites* & Salsa <i>Get Healthy Salad Bar</i>
<b>24/31</b> 	<b>25</b> 	<b>26</b> 	<b>27</b> 	<b>28</b> 

**Ala-carte items for sale: Water \$0.50 & \$1.50, and Frozen Low-fat & Low Sugar Yogurt \$1.00**

*Enjoy a Healthy Salad Bar*

**At least one item from each USDA Vegetable Subgroups will be available to students everyday!**

Dark Green Vegetables (iron, vitamin C, lutein) = bok choy, broccoli, greens, green kale, parsley purple kale, romaine lettuce, spinach.

Starchy Vegetables (potassium, magnesium, allacin) = cassava, corn, jicama, lima beans, plantains, potatoes, taro, water chestnuts.

Red & Orange Vegetables (vitamin A, vitamin K, lycopenes) = carrots, red bell peppers, pumpkin, sweet potatoes, squash, tomatoes.

Legumes or Beans (fiber, zinc, flavanoids) = black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto, soy beans, white beans.

Other Vegetables (vitamin A, Vitamin C, allacin) = beets, cabbage, cauliflower, celery, cucumbers, green beans, peppers, olives, radishes, zucchini.

**Milk = 1% or Non-fat White, Non-fat Chocolate, & Non-fat Strawberry**

**Fuel up to Learn Breakfast**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Muffins &amp; Cheese Stick*</b> Fruit and Juice Cold Cereal & Milk	<b>Breakfast Croissant</b> Fruit and Juice Cold Cereal & Milk	<b>Breakfast Burrito</b> Fruit and Juice Cold Cereal & Milk	<b>Pizza Bagel*</b> Fruit and Juice Cold Cereal & Milk	<b>Dutch Waffle*</b> Fruit and Juice Cold Cereal & Milk

**\*Other Vegetarian Options Available Daily at Lunch:**

- Grilled Cheese Sandwich
- Wow Butter & Jelly Sandwich
- Yogurt & Granola



**BREAKFAST \$2.00:** Includes whole grain-rich entree, fruit or 100% juice, and milk  
**LUNCH \$3.75:** Includes whole grain-rich entree, salad bar, fruit, and milk  
 A second milk may be purchased for \$0.50 or soy milk for \$1.00  
 Bottled water may be purchased for \$0.50 (small) & \$1.50 (large)  
 Lactose-Free milk available upon request

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

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