

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Dec Breakfast Cinn. Glzed Pancakes (35) Ojuice/Sliced Peaches (18) Lunch Chick Poppers(17)Sauce(*)Roll (27) Muffin (25)Yogurt(21)String Chz Sweet Green Peas (11) Smashed Potatoes (22) Baby Carrot Cups(8) Peaches (18-30) Fruit Slush (20) W2D1	4-Dec Breakfast Sausage Biscuit (27) 100% Fruit Punch/Applesauce (13) Lunch Cheese Sticks(36) & Sauce(6) Mandarin Spinach Salad Plate (64) Steamed Broccoli(5) X-Ray Vision Carrots(16) Leafy Green Salad (2) Applesauce(13)Mixed Grapes(8) W2D2	5-Dec Breakfast Warm WG Cini Minis (40) Grape Juice/Banana (22) Lunch Crispy Chicken(16)Sandwich(29) Fruit n-Yogurt Parfait (72) Seasoned Waffle Fries (19) California Blend Veg(3) Celery/Green Pepper Cup (3) Orange Smiles(14)Craisins (28) W2D3	6-Dec Breakfast Maple French Toast Stix (26) Apple Juice/Pears (23) Lunch Nachos(40) Chili(3) Cheese(9) Turkey&Cheese Sub(30) Corn Niblets(16) Blackbeans and Salsa (15) Fresh Vegetable Cup(3) Strawberry Cup (33) Pears (23) W2D4	7-Dec Breakfast Egg & Cheese Biscuit (28) Orange Juice/ Mixed Fruit (18) Lunch Hot Dog with Chili (33) Chicken Ranch Wrap (25) Baked Beans(36) Potato Smiles (20) Creamy Coleslaw(9) Slushie (20)Fruit Gelatin(18) W2D5
10-Dec Breakfast Chocolate Chip French Toast (35) Orange Juice/Applesauce (13) Lunch Chic Nuggets(16)Sauce(*)Roll(27) Muffin (25)Yogurt(20)String Chz Sweet Green Peas (11) Cream Style Potatoes(22) Baby Carrot Cups(8) Fruit Slush(20)Cinn.Applesce(13) W3D1	11-Dec Breakfast Chicken (8) Biscuit (27) Apple Juice/Pineapple (19) Lunch Stuffed Crust Pizza(38) Grilled Chicken Salad(33) Steamed Broccoli(5) Corn Niblets(16) Leafy Green Salad (2) MM Fruit Salad(38)Pineapple(19) W3D2	12-Dec Breakfast Warm WG Fruit Frudal (36) 100% Fruit Punch/Banana (22) Lunch Teriyaki Chic(14)Rice(28)EggRoll Fruit n-Yogurt Parfait (72) (22) Stir Fry Vegetables (3) Glazed Carrots(16) Celery/Green Pepper Cup (3) Peach Cup(30) Craisins(28) W3D3	13-Dec Breakfast Cinnamon French Toast Stix(26) Apple Juice/Pears (23) Lunch Corndog Nuggets(30) Turkey&Cheese Sub(30) Pinto Beans (18) Seasoned Potato Wedges (15) Creamy Cole Slaw(14) Blush Pears (23/Fruit Slushie(20) W3D4	14-Dec Breakfast Muffin (27-28), Yogurt (17) Orange Juice/Peaches (18) Lunch Spaghetti(43) & Garlic Bread (14) Faijita Chicken Wrap (25) Seasoned Green Beans(5) Mix it up Vegetables(11) Baby Carrot Cups(8) Peaches(18)Fruit Gelatin(18) W3D5
17-Dec Breakfast Mini Maple Pancakes (29) Ojuice/Applesauce (13) Lunch Big Daddy Pizza (35-36) Muffin (25)Yogurt(21)String Chz Grandma's Green Beans(5) Mix it up Vegetables(11) Baby Carrot Cups(8) Applesauce(13)/Fruit Slushie(20) W1D1	18-Dec Breakfast Egg Biscuit (27) w/Gravy (6) Apple Juice/Peaches (18) Lunch Lasagna Roll(35) Garlic Bread (14) Chef Salad(30) Glazed Carrots(16) Steamed Broccoli(5) Leafy Green Salad (2) Apple(12)/Carmel(19)Peaches(18) W1D2	19-Dec Breakfast Bacon,Egg,&Cheese Pizza(23) 100% Fruit Punch/Banana (22) Lunch Hamburger/Cheeseburger(30) Fruit n-Yogurt Parfait (72) Homestyle Baked Beans (36) Potato Wedges (15) Celery/Green Pepper Cup (3) Strawberry Cup (33) Craisins (28) W1D3	20-Dec Breakfast Glazed Goody Ring (29) Apple Juice/Pears (23) Lunch Chic Soup(14)Toasted Cheese(32) Ham &Cheese Sub(30) California Blend Veg(3) Sweet Potato Fries (25) Fresh Vegetable Cup (3) BI Pears(23)Fruit Slushie (20) W1D4	21-Dec Breakfast Egg & Cheese Croissant (28) Orange Juice/Pineapple (19) Lunch HALF DAY FOR STUDENTS Bag Lunch  W1D5

Breakfast items offered on a daily basis:
Cereal (14-25) / Fruit (12-22) / Fruit Juice (13-19)

Rotating Alternate Breakfast Choices :
WG Poptart (37-38)/Muffin (23-28)/Cereal Bar (26-29)

Milk choices offered with breakfast and lunch daily:
1% milk (11)/ 1% Chocolate milk (24)/ 1% Strawberry milk (22) FF White Milk (12)
Assorted Fruit (12-20)



CHRISTMAS / WINTER BREAK
DEC 24TH - JAN 7TH.
CLASSES RESUME JANUARY 8TH, 2019

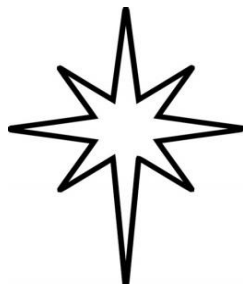


Ala Carte items available:
Bottled Water \$.75
Various Ice creams \$.75 -1.00
***Any item purchased in excess or as a single component of the meal plan is considered a la carte and prices will vary.

"This institution is an equal opportunity provider."

***Beside each menu item, the number in parenthesis () indicate carbohydrate grams.

*Sauce, Condiments & Salad Dressing carbs vary from 3-12 grams a packet



Decorate your own festive Gingerbread Man



A
Very
Merry
Christmas
And all the
Best Wishes for
A Happy New Year!

Shy D

