









December Menu 2018
Lydiksen Elementary School



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

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
Muffins & Cheese Stick* Fruit and Juice Cold Cereal & Milk	Breakfast Croissant Fruit and Juice Cold Cereal & Milk	Breakfast Burrito Fruit and Juice Cold Cereal & Milk	Pizza Bagel* Fruit and Juice Cold Cereal & Milk	Dutch Waffle* 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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Please keep meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer. For more info please call us at 925-426-4417.