




December 2018

InSeason! Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheeseburger Slider ⁰³ Or Uncrustable PB&J* <i>Mixed Veggies</i>	Orange Chicken w/Rice ⁰⁴ Or Veggie Egg Roll, Edamame & Rice <i>Fortune Cookie</i>	Spaghetti in meat sauce ⁰⁵ Or Cheese Lasagna Roll up <i>Whole Wheat Roll</i>	Chicken Nuggets ⁰⁶ Or 2-Hot Cheese Sticks <i>Macaroni & Cheese</i>	Pepperoni Pizza ⁰⁷ Or Uncrustable PB&J* <i>Fruit Snacks</i>
Beef Dippers w/Rice ¹⁰ Or Grilled Cheese <i>Steamed Veggies</i>	Corn Dog ¹¹ Or Uncrustable PB&J* <i>Curly Fries</i>	Nachos ¹² Or Cheese Quesadilla <i>Homemade Chili Beans</i>	Rib-E-Que ¹³ Or 2-Hot Cheese Sticks <i>Chips</i>	Cheese Pizza ¹⁴ Or Ham & Cheese Pretzel Melts <i>Rice Krispie Treats</i>
Teriyaki Chicken w/Rice ¹⁷ Or Veggie Egg Roll, Edamame & Rice <i>Fortune Cookie</i>	Turkey Hot Dog ¹⁸ Or Grilled Cheese <i>Tator Tots</i>	Soft Taco ¹⁹ Or Lil' Nacho Bites <i>Corn & Bean Salsa</i>	Hamburger ²⁰ Or Veggie Burger <i>Chips</i>	Pepperoni Pizza ²¹ Or Uncrustable PB&J* <i>Ginger Twinkle Cookie</i>
24 NO SCHOOL WINTER BREAK				
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28 NO SCHOOL WINTER BREAK				
31 NO SCHOOL WINTER BREAK				

Announcements

Available Daily:
 Protein Box- (Hummus, Panini Bread, assorted vegetables & Cheese Stick)
 Salad Bar Meal- (Includes choice of fruits and vegetables, roll, and cheese stick)

Menu Subject to Change
 All Meals include White 1% or Chocolate non-fat Milk

On-Line Payments can be made at
www.EZSchoolPay.com

Meal Prices

Lunch: \$2.60
Reduced Price: \$0.40

Students with negative balances greater than \$5.60 will receive a protein box and milk at no charge until the balance is resolved.

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