

December Menu 2018
Donlon and Fairlands Elementary Schools



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee <i>Get Healthy Salad Bar</i>	4 Chicken Taco & Salsa Grilled Cheese Sandwich* <i>Get Healthy Salad Bar</i>	5 Chicken Tenders & Wedge Potatoes Cheesy Wheel* & Marinara <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 Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee  <i>Get Healthy Salad Bar</i>	11 Mini Cheeseburgers Cheese Lasagna* & Marinara Sauce <i>Get Healthy Salad Bar</i>	12 Beef Dunkers Rice & Mixed Vegetables Bean & Cheese Burritos* & Salsa <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  Cheese*, Vegetarian* Pepperoni, Hawaiian Side Kick Icee <i>Get Healthy Salad Bar</i>	18 Beef Taco Stick & Salsa Bean & Cheese Burrito* & Salsa <i>Get Healthy Salad Bar</i>	19 Mini Corn Dogs & Tater Tots Ravioli & Marinara Sauce* <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

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