



WHAT'S THE WRAP

MON
TURKEY

TUES
TUNA

WEDS
TURKEY

THURS
TUNA

FRI
FRESH BREADED
CHICKEN CUTLET



ELEMENTARY SCHOOL MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



Special December Entree
(ORDER "Monthly Special")

Vegetarian Egg Roll Boat
Egg Roll, Chick Pea Salad, Asian Dipping Sauce (GF)
2. Carr's® Whole Wheat Crackers ~ Orange Wedges

S = Soup
Every Tuesday and Thursday

Week of December 1st: Italian Wedding Soup
Week of December 5th: Minestrone
Week of December 12th: Chicken Noodle
Week of December 19th: Turkey & Barley

5 PITA PIZZA
Plain Cheese or with Broccoli
Salad Bar Veggie Sides
Warm Apple Crisp

6 BURRITO
Chicken Breast and Cheese w/ Brown Rice & Zesty Black Beans
Vegetarian Burrito available
Salsa & Tortilla Chips
Salad Bar Veggie & Fruit Sides
GF
w/out Shell

7 NO ELEMENTARY SCHOOL PARENT/TEACHER CONFERENCES

8 BURGER BAR
100% Beef Burger or Cheeseburger
Lettuce/Onion/Tomato Baked Sweet Potato "Fries"
Sweet Corn
Chilled Pear in Natural Juices
GF
w/out Bun

9 NO ELEMENTARY SCHOOL PARENT/TEACHER CONFERENCES
Freshly-Breaded Chicken Cutlet Strips
Brown Rice Pilaf (Rice with Peppers & Onion)
Salad Bar Veggie Sides
Fresh Apple Slices Dusted with Cinnamon

12 Applegate Hot Dog
on Whole Wheat Bun
Baked Shoestring "Fries"
Cole Slaw
Fresh Fruit

13 All White Meat Breaded Chicken Tenders
Roasted Sweet Potato Wedge
Salad Bar Veggie Sides
Chilled Pineapple in Juice

14 TACO BAR
Seasoned Beef
or Vegetarian Rice & Beans
Lettuce, Cheese, Salsa, Sour Cream Toppings
Hard or Soft Shell
GF
w/out Shell
Fresh Grapes

15 Whole Wheat Penne
w/Tomato, Broccoli & Mozzarella
Toasted Garlic Bread
Salad Bar Veggie Sides
Fresh Fruit

16 Homemade Chicken Cutlet Parmigiana
Whole Wheat Penne Marinara
Salad Bar Veggie Sides
Cinnamon Applesauce

19 BURGER BAR
100% Beef Burger or Cheeseburger
Lettuce/Onion/Tomato
Salad Bar Veggie Sides
Baked Sweet Potato Fries
GF
w/out Bun
Orange Rounds

20 Macaroni & Cheese Barilla Plus Pasta & Wisconsin Cheddar
Caesar Salad at the Salad Bar
Fresh Apple

21 BRUNCH FOR LUNCH
Homemade Challah French Toast w/Orange Rounds
Applegate Turkey Bacon
Carrot Crunchers
Cinnamon Applesauce

22 PITA PIZZA
With Meatballs or Plain
Salad Bar Veggie & Fruit Sides
Fresh Grapes

23 LUNCH ON A WHOLE WHEAT BUN!
All White Meat Chicken Patty or Turkey Salad
Celery Sticks with Ranch Dip
Orange Rounds
NO SALAD BAR TODAY!!!

SCHOOL CLOSED FOR HOLIDAY
DECEMBER 24-JANUARY 2
SEE YOU IN 2012!!!!

HAVE A SAFE AND FUN HOLIDAY BREAK!

Jan 3rd
All White Meat Breaded Chicken Chunks
Oil & Garlic Tossed Penne
Cucumber Slices with Ranch Dip
Chilled Pineapple in Juice
NO SALAD BAR TODAY!!!

While The Food Service Department makes every effort to disclose to parents known allergens and ingredients that may be harmful to some children, the nature of the National School Lunch Program and our reliance on certain USDA provisions can sometimes render this effort ineffective by the presence of undisclosed or misnamed ingredients.

QUESTIONS? CALL THE FOODSERVICE OFFICE AT 277-7090
CONTACT YOUR PSA/PSO TO LEARN ABOUT YOUR SCHOOL'S NUTRITION COMMITTEE

SERVING TOMATO PRODUCTS (PIZZA SAUCE, KETCHUP & SALSA) THAT ARE HFCS FREE (NO HIGH FRUCTOSE CORN SYRUP!)

ALL SANDWICH MEATS ARE BOAR'S HEAD BRAND®

Alternative Entrees

Whole Grain Peanut Butter & Jelly Sandwich

Daily Wrap (see above menu)

SALAD BAR

A Complete Lunch
Veggies, Protein, Fruit & Grain
(or a place to visit for veggie & fruit sides)

Dressings
Vinaigrette - Ranch
Caesar
GF GLUTEN
INGREDIENT-FREE

A la Carte Beverages
(priced accordingly)

Honest Kid's® Organic Appley Ever After Juice Pouch \$1.00

Poland Spring Water
Lg \$1.25/Sm \$.75

Lunch of the Day includes:

Entree
Sides
1% or Skim Milk
Fresh Fruit or 100% Fruit Juice
\$3.00