

**Lunch of The Day always includes:**  
**\$3.50**  
**Entree**  
**Sides ~ Choice of Milk**  
**Fresh Fruit or Fruit Juice**

**The Boar's Head® Deli Bar**  
**Deli Bar Student Lunch**  
*\$3.75 complete lunch w/ Sides & Choice of Milk*

**Soup's On!**  
**Check the Board!!**

Alternative  
Entrees

**NEW!!**  
 Pepper Jack Quesadilla w/Chips & Salsa

Whole Grain Peanut Butter & Jelly on Whole Wheat


**Tuna Hero**  
 Choose Your Toppings!


**GF SALAD BAR**

Take the Salad Bar Lunch or Grab some fresh veggies with your lunch!  
 (choice of dressings)

**Vinaigrette - Ranch Caesar**

**New**  
 INDIVIDUAL SABRA HUMMUS BOWL w/PRETZEL CHIPS  
 Plain or Red Pepper \$2.50-A la Carte  
 \$3.75-Full Lunch w/Sides/Milk-Juice



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Soup in December</b> The Kettle is Hot!! Does soup come with your lunch? You bet it does. Check the Board daily.		<b>1 BRUNCH FOR LUNCH</b> Homemade Challah French Toast w/Orange Rounds Applegate Pork* Sausage Cinnamon Applesauce <i>*all natural, nitrate-free pork product</i>	<b>2</b> Oven-Baked Macaroni & Cheese Sautéed Zucchini w/Garlic Fresh Fruit
<b>5</b> Oven Baked Breaded Chicken Herb-Roasted Potato Wedges Sweet Corn Fresh Fruit	<b>6 Pasta Bar</b> Whole Wheat Rotini w/ Meatballs or Marinara Freshly Toasted Garlic Bread Caesar Salad Fresh Fruit	<b>7</b> Chicken Parmigiana (Hero or Plate) Sautéed Broccoli with Garlic & Oil Fresh Fruit	<b>8 Burger Bar</b> Plain or Cheese Top w/Applegate Bacon Baked Shoestring "Fries" Chilled Sliced Pears <b>GF</b> when taken without bun	<b>9</b> Homemade Baked Ziti Fresh Garlic Bread Caesar Salad Fresh Fruit in Season
<b>12 Chicken BLT</b> White Meat Breaded Patty Applegate Bacon, Lettuce & Tomato on Deli Roll Baked Shoestring "Fries" Fresh Fruit	<b>13</b> Applegate Hot Dogs on Whole Wheat Bun w/Sauerkraut Sweet Corn Cinnamon Applesauce <b>GF</b> when taken without bun	<b>14 NACHOS</b> Seasoned Beef Served Over Tortilla Chips Top with... Lettuce, Tomato Salsa, Cheese & Sour Cream Chilled Pineapple Chunks	<b>15</b> Oven-Baked Chicken Chunks Smashed Yukon Gold Potato Fresh Cole Slaw Warm Apple Crisp	<b>16 Rice Bowl</b> Brown Rice Topped with Vegetarian Stir-Fry or Marinated Chicken in Asian Spices <b>GF</b> all the way Fresh Fruit
<b>19</b> Oven-Baked Macaroni & Cheese Sautéed Zucchini w/Garlic Fresh Fruit <b>GF</b> when taken without tortilla	<b>20</b> Chicken Souvlaki w/Pita Greek Salad Tzatziki Sauce Fresh Fruit <b>GF</b> when taken without Pita	<b>21 Burger Bar</b> Plain or Cheese Top w/Applegate Bacon Baked Shoestring "Fries" Chilled Sliced Pears <b>GF</b> when taken without bun	<b>22</b> Oven Baked Breaded Chicken Herb-Roasted Potato Wedges Sweet Corn Fresh Fruit	<b>23 Pasta Bar</b> Whole Wheat Rotini Marinara or Bolognese Freshly Toasted Garlic Bread Caesar Salad Fresh Fruit

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

**HAVE A SAFE AND FUN HOLIDAY BREAK!**

**Jan 3rd**  
 White Meat Breaded Chicken Tenders w/BBQ Dipping Sauce  
 Baked Sweet Potato "Fries"  
 Sweet Corn  
 Chilled Sliced Pears

**A la Carte Beverages**  
 (priced accordingly)  
 Izze Sparkling Juice \$1.75 Poland Spring Water Lg \$ 1.25 /Sm \$.75  
 Honest Kid's® Organic Juice Pouches \$1.00  
 Apple & Eve Apple Juice \$1.25

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.

**ADULT LUNCH**  
 Daily Lunch \$4.00+tax Deli Bar \$4.50+tax

**ALL DRESSINGS ARE GLUTEN-FREE!!**

**GF GLUTEN-FREE INGREDIENTS**