DANBURY HIGH SCHOOL

December





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheesy French Bread Pizza Fresh Broccoli Florets with Dip	4 Baked Fish Nuggets With Tartar Sauce & a Whole Wheat Dinner Roll Fresh Celery Sticks with Dip	5 Steamed Turkey Hot Dog on a Whole Wheat Bun Baked Beans	6 Oven Baked Chicken Nuggets with a Whole Wheat Dinner Roll Baby Carrots with Dip	7 Oven Roasted Rib-B- Que Sandwich on a Whole Wheat Bun Oven Baked Tater Tots
Calories: 750-850, Saturated Fat :<10%, Sodium: 1080mg, Trans Fat: 0g				
Hosco Sticks with Marinara Sauce Oven Baked Sweet Potato Fries	One Hour Early Release Whole Grain Buffalo Cheese Crunchers Cucumber Cup	Homemade Mac & Cheese with Whole Wheat Macaroni & Whole Wheat Dinner Roll Steamed Broccoli	13 Popcorn Chicken with BBQ sauce & Brown Rice Southwest Black Beans	14 Homemade Turkey Sloppy Joe on a Whole Wheat Bun Oven Baked French Fries
All meals are served with a choice of entree, vegetables and fruits, and milk choice				
Oven Baked Mozzarella Sticks with Marinara Sauce & a Whole Wheat Roll Baby Carrots with Dip	18 One Hour Early Release Whole Grain Baked Chicken Corn Dog Baked Beans	Sausage & Peppers Sub on a Whole Wheat Roll Fresh Spinach Salad	20 Turkey & Gravy with Whole Wheat Dinner Roll Mashed Potatoes	Cheeseburger on a Whole Wheat Bun Green Bean Salad
Fill your tray - take at least one fruit or vegetable with each meal!				
Happy Holdays	Happy Holdays	Happy Holdays	Happy Holdays	Happy
All Grains are Whole Grain Rich/ Assorted Fresh Fruit Available Daily				
Happy Holdays	Free and Reduced Meal Applications are available online at our website. Call us at (203) 797-4746 or visit our website under the Parents and Students tab on the Danbury Public Schools	Breakfast is Offered Daily!	Daily Alternative Selections: Sandwich Selection Salad Selection (V) Chicken Patty Hamburger	Lunch Price: \$3.00 Paid/\$0.40 Reduce Breakfast Price: \$1.30 Paid/\$0.30

Menu is Subject to Change. USDA is an equal opportunity provider and employer.

Webpage

https://sites.google.com/a/dan

bury.k12.ct.us/danbury-

Cheeseburger

Cheese Sandwich

Pizza Meal

Reduced