

December 2018

VIP LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p> 	<p>All grains offered are Whole Grain Rich. Items included are: pasta, breads, buns, tortillas, dinner rolls and all breading used on food items.</p>	<p>Students Must Select 3 out of the 5 Meal Components.</p> <p>One Of The 3 Components Selected, MUST Be Fruit or Vegetable</p>	<p>Our menu is Trans Fat Free!</p> <p>Items are baked or grilled NEVER Deep Fried.</p>	
<p>3 Meat & Grain Chicken Patty Sandwich</p> <p>Italian Sub</p>	<p>4 Meat & Grain Chicken Alfredo Pasta</p> <p> Whole Grain Chicken Corn Dog National Cookie Day!</p>	<p>5 Meat & Grain Pepperoni Pizza</p> <p>Trix Yogurt / String Cheese/ Graham Crackers</p>	<p>6 Meat & Grain Breakfast for Lunch Whole Wheat Pancakes & Turkey Sausage Patties Sun Butter & Jelly Sandwich</p>	<p>7 Meat & Grain Orange Chicken over Steamed Brown Rice Hamburger</p>
<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>
<p>10 Meat & Grain Whole Grain Chicken Corn Dog</p> <p>American Sub</p>	<p>11 Meat & Grain Pasta & Meatballs w/Marinara Sauce BBQ Riblet Sandwich</p>	<p>12 Meat & Grain Beef Taco / with lettuce/tomato/cheese Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>13 Meat & Grain Pepperoni Pizza Cheeseburger</p>	<p>14 Meat & Grain Sesame Ginger Chicken w/Pasta Turkey Hot Dog</p>
<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Ranchero Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>17 Meat & Grain Chicken Nuggets w/Dinner Roll Italian Sub</p>	<p>18 Meat & Grain Cheese Pizza Chicken Patty Sandwich</p>	<p>19 Meat & Grain Cheese Enchiladas Hamburger</p>	<p>20 Meat & Grain Breakfast for Lunch Whole Wheat Pancakes and Turkey Sausage Patties Turkey Hot Dog</p>	<p>21 Meat & Grain Whole Grain Bean & Cheese Burrito Sun Butter & Jelly Sandwich</p>
<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Tater Tots Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whole Kernel Corn Fruit 1% or Fat Free Milk</p>
				<p>Menu Subject to Change Without Notice.</p> <p>Nutritional information is available at the Food Service Office.</p>

DYK – DECEMBER IS;
December 3rd – 9th is National Handwashing Awareness Week!
Let's give everyone a [clean] hand



“This institution is an equal opportunity provider.”