

Grades 9-12

December 2012

Don't forget! You may take as many servings of fruits or vegetables as you plan to eat at no extra charge.

Make your plate as colorful as you can!

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\*items served together

- Milk Served Daily -

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BBQ Pork Riblets* Baked Chicken* Bean &amp; Rice Burrito (V) Craisy Turkey Apple Salad *Whole Grain Dinner Roll Baked Beans Garden Salad Orange Wedges Pineapple</p> <p>3</p>	<p>Broccoli Cheese Minis (V) Corn Dog Lasagna Tuna Wrap Snap Peas Cucumber &amp; Carrot Sticks Apple Slices Pears Chocolate Chip Cookie</p> <p>4</p>	<p>Cheese Omelet or Sausage Patty* *Mini Blueberry Pancakes or French Toast Sticks Turkey or Veggie Wrap (V) Deli Roasters Broccoli Grapes Mandarin Oranges</p> <p>5</p>	<p>Tuna Sub Chicken Veggie Alfredo Mozzarella Sticks (V) Fajita Chicken Salad Steamed Carrots Green Beans Banana Applesauce Carrot Bread</p> <p>6</p>	<p>Buffalo Chicken Bites* Chicken Bites* Chik'N Nuggets (V) Ham Salad *Dinner Roll Fresh Veggie Bowl Mashed Potatoes Fresh Fruit Fruit Cocktail</p> <p>7</p>
<p>Meatball Sub Chicken &amp; Veggie Alfredo Vegetable Alfredo (V) Turkey Salad Peas Carrot Sticks Orange Wedges Pineapple Banana Bread</p> <p>10</p>	<p>Southwest Taco Bowl Chicken Parmesan Beef or Black Bean (V) Tacos Mexican Chicken Salad Black Beans Green Beans Apple Slices Peaches</p> <p>11</p>	<p>Chicken Fryz Philly Cheese Steak Sub Buffalo Chicken Wrap Cheese Salad (V) Garden Salad Sweet Potato Crinkles Grapes Mandarin Oranges Banana Bread</p> <p>12</p>	<p>Hamburger Grilled Ham &amp; Cheese Chicken or Chik'n (V) Patty Sandwich Craisy Turkey Apple Salad Baked Beans Steamed Carrots Banana Applesauce Oatmeal Raisin Cookie</p> <p>13</p>	<p>Cheese Pizza (V) Pepperoni Pizza Chicken &amp; Mini Dumplings Ham Salad Broccoli Tomato &amp; Cucumber Salad Fresh Fruit Peaches Fruit Swirl Cup</p> <p>14</p>
<p>Chicken Tenders* Veggie Burger (V) Turkey Wrap Chicken Tender Salad *Whole Grain Dinner Roll Snap Peas Garden Salad Pineapple Orange Wedges</p> <p>17</p>	<p>Macaroni &amp; Cheese (V) Chicken Patty Sandwich Ham &amp; Cheese Sub Turkey Salad Green Beans Sweet Potato Crinkles Apple Slices Peaches Fruit Swirl Cup</p> <p>18</p>	<p>Chicken Fiesta Wrap Meat Nachos Black Bean Fiesta Wrap (V) Chef Salad Tomato &amp; Cucumber Salad Black Beans Grapes Mandarin Oranges</p> <p>19</p>	<p>Pasta Pockets (V) &amp; Meatballs (optional) Baked Chicken &amp; Roll Tuna Salad Sandwich Ham Wrap Fresh Veggie Bowl Corn Banana Applesauce</p> <p>20</p>	<p>Fish Sticks* Lasagna* Grilled Chicken Wrap Baked Potato &amp; Cheese (V) Garlic Toast* Peas Carrot Sticks Fresh Fruit Fruit Cocktail</p> <p>21</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>

# Winter Recess

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## Did you know?

We have all heard that no two snowflakes are alike. Did you know that a scientist took 400,000 to prove it?

