

# December K-8 Lunch Menu

# 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Menu Subject to Change.</b>				
<b>Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!</b>				
				<b>Chicken Royale 1</b> ½ c Fresh banana (15) ¼ c Diced carrots (9) 2oz Roasted chicken with curry sauce over ½ c WG pasta (39)
<b>Ham Cheese Melt 4</b>	<b>Hot Dog 5</b>	<b>Southern Biscuit 'n Gravy 6</b>	<b>Shepherd's Pie 7</b>	<b>Garlic Chicken 8</b>
4oz 100% juice (15) ½ c BBQ beans (26) ¼ c Diced carrots (6) 1.5oz Sliced turkey ham, 0.5oz sliced American cheese on 2oz WG bread (26)	½ c Fresh apple (15) ¼ c Green beans ½ c Steamed broccoli 2oz Turkey hot dog on 2oz WG hot dog bun (23) Ketchup packet	½ c Fresh banana (15) ¼ c Roasted sweet potatoes (32) 2oz Turkey sausage and 2oz WG biscuit (28) with gravy	4oz 100% juice (15) ¼ c Green beans ½ c Mashed potatoes (13) over 2oz Ground beef with gravy 1oz WG dinner rolls (14)	½ c Fresh banana (15) ¼ c Diced carrots (9) 2oz Roasted chicken with garlic sauce over ½ c WG pasta (39) 1oz WG breadstick (14)
<b>Chicken Nuggets 11</b>	<b>Cheese Ravioli 12</b>	<b>Chicken 'n Dumplings 13</b>	<b>Turkey Cheese Sandwich 14</b>	<b>Soft Taco 15</b>
4oz 100% juice (15) ¼ c Diced carrots (9) 5 each WG chicken nuggets (12) (2oz meat, 1oz grain) 1oz WG graham crackers (18) BBQ packet	½ c Fresh apple (15) ¼ c Green beans (5) Cheese ravioli (2oz meat) with ¼ c spaghetti sauce 2oz WG breadsticks (28)	½ c Fresh banana (15) ¼ c Mixed vegetables (5) ½ c Steamed broccoli 2oz Roasted chicken with gravy over ¼ c dumplings 1oz WG dinner rolls (14)	4oz 100% juice (15) ¼ c Fresh baby carrots (9) 1.5oz Sliced turkey breast, 0.5oz American cheese on 2oz WG bread (26) Ranch packet	½ c Fresh banana (15) ½ c Pinto beans (23) ½ c Kernel Corn (12) 1.5oz Seasoned chicken, 0.5oz shredded cheddar on 2oz WG tortilla (34) Taco sauce packet
<b>Chicken Parmesan 18</b>	<b>Cheese Pizza 19</b>	<b>Homestyle Meatloaf 20</b>	<b>Chicken Stir Fry 21</b>	<b>Breakfast Muffin 22</b>
4oz 100% juice (15) ½ c Steamed broccoli ¼ c Green beans WG chicken patty (15) (2oz meat, 1oz grain) over ½ c WG pasta (20) with ¼ c spaghetti sauce	½ c Fresh apple (15) ¼ c Fresh baby carrots (9) WG cheese pizza (37) (2oz meat, 2oz grain) Ranch packet	½ c Fresh banana (15) ½ c BBQ beans (26) ¼ c Mashed potatoes (13) 2oz equ Meatloaf with gravy 1oz WG breadsticks (14)	4oz 100% juice (15) ¼ c Diced carrots (6) ¼ c Green beans 2oz Roasted chicken over ½ c Brown rice (22) 1oz WG chocolate chip cookies (36) Soy sauce packet	½ c Fresh banana (15) ¼ c French fries (26) 1.5oz Scrambled egg patty, 0.5oz American cheese on 2oz WG English muffin (24) Ketchup packet
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>NO SERVICE</b>	<b>NO SERVICE</b>	<b>NO SERVICE</b>	<b>NO SERVICE</b>	<b>NO SERVICE</b>