




December 2018

InSeason! Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Nachos 03 Chicken Nachos Cheese Quesadilla Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad	BBQ Pork Sandwich 04 Baked Potato with Chili ⊕ Corn Dog Chicken Caesar Wrap Chicken Caesar Salad	Chicken Drumstick 05 Buffalo Chicken Tot'chos Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad	Penne Alfredo Chicken 06 Chicken Alfredo Sandwich Corn Dog Chicken Caesar Wrap Chicken Caesar Salad	Beef Nachos 07 Chicken Nachos Pork Enchiladas ⊕ Chicken Caesar Wrap Chicken Caesar Salad Fish Burger
Beef/Chicken Nachos 10 Beef/Chicken Taco Salad Beef/Chicken Burrito Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad	Chicken Teriyaki Bowl 11 Orange Chicken Bowl Corn Dog Chicken Caesar Wrap Chicken Caesar Salad	Turkey Gravy with Mashed Potatoes 12 Chicken Nugget Bowl Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad	Grilled Cheese ⊕ with Tomato Soup 13 Tortellini Corn Dog Chicken Caesar Wrap Chicken Caesar Salad	Beef/Chicken Nachos 14 Beef/Chicken Taco Salad Beef/Chicken Burrito Fish Burger Chicken Caesar Wrap Chicken Caesar Salad
Beef/Chicken Nachos 17 Beef/Chicken Taco Salad Beef/Chicken Burrito Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad	BBQ Pork Sandwich 18 Chicken Tortilla Soup ⊕ Corn Dog Chicken Caesar Wrap Chicken Caesar Salad	No School 19 Winter Break	No School 20 Winter Break	No School 21 Winter Break
No School 24 Winter Break	No School 25 Winter Break	No School 26 Winter Break	No School 27 Winter Break	No School 28 Winter Break
No School 31 Winter Break			⊕ = Scratch and partial scratch recipes or recipes being tested at Leota Middle School!	This institution is an equal opportunity provider and employer

Announcements

Offered Daily: Deli Sandwich, Pizza, Cheeseburger, Chicken Burger, Vegetable Burger, Yogurt Lunch AND Hummus Plate.

Pizza slices now come with a side Caesar Salad! ⊕

Included with All Lunches
 Fruit & Vegetable Garden Bar
 1% White or NF Chocolate Milk

Menu selections may change based on product availability.

*Juliana Fisher, MS, RDN, CD
 Director, Food Services*

Meal Prices

Breakfast	
Elementary	\$1.75
Secondary	\$2.00
Reduced K-12	Free
Adult	\$2.40
Lunch	
Elementary	\$3.00
Secondary	\$3.25
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.00
Milk Only	\$0.50