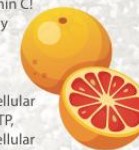




December 2018

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/Chicken Nachos **03**
Cheese Quesadilla
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

Asian Beef Wrap **04**
Teriyaki Chicken
Corn Dog
Spicy Chicken Wrap
Chicken Caesar Salad

Chicken Drumstick **05**
Buffalo Chicken Tot'chos
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

BBQ Pulled Pork **06**
Chicken Tortilla Soup
Corn Dog
Spicy Chicken Wrap
Chicken Caesar Salad

Beef/Chicken Nachos **07**
Pork Enchiladas
Fish Burger
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos **10**
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

Beef Chili & Cornbread **11**
Spaghetti & Meatballs
Corn Dog
Spicy Chicken Wrap
Chicken Caesar Salad

Turkey Gravy w/Mashed Potatoes **12**
Chicken Nugget Bowl
Boneless Chicken Wings
Chicken Caesar Wrap
Chicken Caesar Salad

Cheese Ripper with Tomato Soup **13**
Alfredo Chicken Sandwich
Corn Dog
Spicy Chicken 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

Asian Beef Wrap **18**
Teriyaki Chicken
Corn Dog
Spicy Chicken 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

This institution is an equal opportunity provider and employer.

Announcements

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

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, SNS
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