

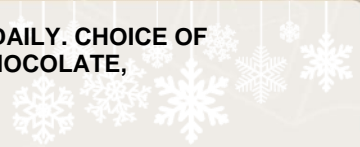
December 2018

COULTER GROVE INTERMEDIATE SCHOOL

LUNCH



SALAD BAR SERVED DAILY. CHOICE OF MILK: SKIM, 1%, NF CHOCOLATE, STRAWBERRY.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



Monday

Tuesday

Wednesday

Thursday

Friday

HAMBURGER, BUN, CURLY FRIES, CARROTS, LETTUCE, TOMATO, PICKLES
 OR
 MEATBALL SUBS, BAKED BEANS, CURLY FRIES **3**

POPCORN CHICKEN, AU GRATIN POTATOES, BROCCOLI, ROLL
 OR
 FISH, BUN, SCALLOPED POTATOES, PINTO BEANS, LETTUCE, TOMATO **4**

SEASONED TACO BEEF, TORTILLA SHELL, BLACK BEANS, & CORN, SALSA, LETTUCE, TOMATO, CHEESE, SOUR CREAM
 OR
 BAKED POTATO BAR/FIXINGS **5**

BREAKFAST FOR LUNCH SAUSAGE PATTY, BISCUIT, GRAVY, EGGS, TRI TATERS
 OR
 GRILLED CHICKEN, BUN, GARLIC & HERB PASTA, LETTUCE, TOMATO **6**

CHEESY BITES, GREEN BEANS, MARINARA SAUCE, TOSSED SALAD
 OR
 HAMBURGER, BUN, GREEN BEANS, FRIES **7**

CHICKEN PATTY, BUN, MAC & CHEESE, BROCCOLI
 OR
 TURKEY/CHEESE WRAPS, LETTUCE, TOMATO, CARROTS, CRACKERS **10**

CHILI, TATER TOTS, CORN CHIPS
 OR
 BAKED POTATO BAR/FIXINGS **11**

CHICKEN TENDERS, POTATO PANCAKES, ITALIAN BLEND VEG, ROLL OR
 CHEESE QUESADILLA, REFRIED BEANS, LETTUCE, SOUR CREAM **12**

STEAK & GRAVY, MASHED POTATOES, PEAS, ROLL
 OR
 HAM/CHEESE, BUN, LETTUCE, TOMATO, CARROTS, STRAWBERRIES **13**

PEPPERONI OR CHEESE PIZZA, CORN, TOSSED SALAD
 OR
 FISH, BUN, PINTO BEANS, TARTAR SAUCE **14**

TANGERINE CHICKEN, RICE, EGG ROLL
 OR
 BAKED POTATO BAR/FIXINGS **17**

MINI CORN DOGS, BROCCOLI, SCALLOPED POTATOES
 OR
 PHILLY STEAK & CHEESE PINWHEEL, BROCCOLI, SCALLOPED POTATOES **18**

WINTER BREAK BEGINS **19**

20

21

24

MERRY CHRISTMAS **25**

26

27

28

31

