




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 |
|---|--|--|--|---|
| A. Pepperoni Pizza 03 B. Cheese Pizza C. Yogurt Lunch | A. Nachos with Seasoned Beef 04 B. Beef & Bean Taco Salad C. Yogurt Lunch | A. Pancakes and Egg Moons 05 B. BBQ Beef Hoagie C. Deli Stack Pack | A. Orange Chicken Rice Bowl 06 B. Hawaiian Beef Teriyaki Rice Bowl C. Hummus Plate <i>Fortune Cookie</i> | A. All White Meat Chicken Burger 07 B. Fish Burger C. Yogurt Lunch |
| A. Ham & Cheese Ripper 10 B. Macaroni and Cheese C. Yogurt Lunch | A. Nachos with Seasoned Chicken 11 B. Cheese Quesadilla C. Yogurt Lunch | A. Turkey Gravy with Mashed Potatoes & Roll 12 B. Pretzel w/Cheese Sauce and Sunflower Seeds C. Deli Stack Pack | A. Chicken Rice Soup 13 B. Yogurt Parfait C. Hummus Plate <i>Strawberry Graham Crackers</i> | A. 100% Beef Cheeseburger 14 B. Fish Burger C. Yogurt Lunch |
| A. Pepperoni Pizza 17 B. Cheese Pizza C. Yogurt Lunch | A. Nachos with Seasoned Beef 18 B. Bean & Cheese Burrito C. Yogurt Lunch <i>Red & Green Sidekick</i> | 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

ALSO AVAILABLE
Fridays: Vegetarian Burger upon Request

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 |