




# December 2019

**In Season 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!



## Monday

Beef/Chicken Nachos <sup>2</sup>  
 Beef/Chicken Taco Salad  
 Beef/Chicken Burrito  
 Mini Corn Dogs\*  
 Chicken Caesar Wrap  
 Chicken Caesar Salad

## Tuesday

Egg Roll with Fried Rice<sup>3</sup>  
 Thai Chicken Satay over Rice  
 Chicken Tenders & Wedges  
 Spicy Chicken Wrap  
 Chicken Caesar Salad

## Wednesday

Buffalo Chicken Tot'chos<sup>4</sup>  
 Alfredo Chicken Pasta  
 Mini Calzones with Marinara Sauce  
 Chicken Caesar Wrap  
 Chicken Caesar Salad

## Thursday

Chicken Tortilla Soup <sup>5</sup>  
 with Chips  
 Big Wild Alaska Fish Taco  
 Chicken Tenders & Wedges  
 Spicy Chicken Wrap  
 Chicken Caesar Salad

## Friday

Beef/Chicken Nachos <sup>6</sup>  
 Beef/Chicken Taco Salad  
 Beef/Chicken Burrito  
 Wild Alaska Fish Burger  
 Mini Corn Dogs\*  
 Chicken Caesar Wrap  
 Chicken Caesar Salad

Beef/Chicken Nachos <sup>9</sup>  
 Beef/Chicken Taco Salad  
 Beef/Chicken Burrito  
 Mini Corn Dogs\*  
 Chicken Caesar Wrap  
 Chicken Caesar Salad

Chicken Teriyaki with Rice or Noodles <sup>10</sup>  
 Korean BBQ Pork Rice Bowl 🐷  
 Chicken Tenders & Wedges  
 Spicy Chicken Wrap  
 Chicken Caesar Salad

Turkey Gravy with Mashed Potatoes <sup>11</sup>  
 Pasta with Meat Sauce  
 Mini Calzones with Marinara Sauce  
 Chicken Caesar Wrap  
 Chicken Caesar Salad

Cheesy Bread Rippers <sup>12</sup>  
 w/ Tomato Soup  
 Chicken Enchiladas  
 Chicken Tenders & Wedges  
 Spicy Chicken Wrap  
 Chicken Caesar Salad

Beef/Chicken Nachos <sup>13</sup>  
 Beef/Chicken Taco Salad  
 Beef/Chicken Burrito  
 Wild Alaska Fish Burger  
 Mini Corn Dogs\*  
 Chicken Caesar Wrap  
 Chicken Caesar Salad

Beef/Chicken Nachos <sup>16</sup>  
 Beef/Chicken Taco Salad  
 Beef/Chicken Burrito  
 Mini Corn Dogs\*  
 Chicken Caesar Wrap  
 Chicken Caesar Salad

Chicken Curry <sup>17</sup>  
 over Rice  
 Baked Potato with Chili  
 Chicken Tenders & Wedges  
 Spicy Chicken Wrap  
 Chicken Caesar Salad

Holiday Ham with Macaroni & Cheese <sup>18</sup>  
 Mini Calzones with Marinara Sauce  
 Chicken Caesar Wrap  
 Chicken Caesar Salad

Cheesy Bread Rippers <sup>19</sup>  
 w/Homemade Potato Soup  
 Chicken & Waffles  
 Chicken Tenders & Wedges  
 Spicy Chicken Wrap  
 Chicken Caesar Salad

Beef/Chicken Nachos <sup>20</sup>  
 Beef/Chicken Taco Salad  
 Beef/Chicken Burrito  
 Wild Alaska Fish Burger  
 Mini Corn Dogs\*  
 Chicken Caesar Wrap  
 Chicken Caesar Salad

<sup>23</sup>  
**Winter Break**

<sup>24</sup>  
**Winter Break**

<sup>25</sup>  
**Winter Break**

<sup>26</sup>  
**Winter Break**

<sup>27</sup>  
**Winter Break**

<sup>30</sup>  
**Winter Break**

<sup>31</sup>  
**Winter Break**

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🐷 = Contains pork  
 \* = Turkey Ham products containing 100% turkey - no pork ingredients

## Announcements

**Offered Daily**  
 Deli Sandwich\*, Cheese & Pepperoni Pizza 🐷, Cheeseburger, Chicken Burger, Veggie Burger, Yogurt Lunch AND Hummus Plate

**Specialty Pizza Rotation**  
 Monday – Buffalo Chicken  
 Tuesday – Hawaiian\*  
 Wednesday – Jalapeño Pepperoni 🐷  
 Thursday – Supreme 🐷  
 Friday – BBQ Chicken

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

*Menu selections may change based on product availability.*

## Meal Prices

<b>Breakfast</b>	
Elementary	\$2.05
Secondary	\$2.30
Reduced K-12	Free
Adult	\$2.70
<b>Lunch</b>	
Elementary	\$3.30
Secondary	\$3.55
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.30
Milk Only	\$0.50