

DECEMBER 2019



MOOD BOOST



Monday	Tuesday	Wednesday	Thursday	Friday
2 Lucky Tray Day! Soft Beef Taco Sweet Potato Fries Fruit & Veggie Bar Assorted Milk	3 Pancake Day! Pancakes w/maple syrup Sausage patty Scrambled eggs Baked apple slices Fruit & Veggie Bar Assorted Milk	4 BBQ Chicken w/mashed potatoes, dinner roll & cinnamon glazed carrots Fruit & Veggie Bar Assorted Milk	5 Pepperoni Pizza Fruit & Veggie Bar Assorted Milk	6 Cheese Burger Boston Baked Beans Fruit & Veggie Bar Assorted Milk
9 Lucky Tray Day! Sloppy Joes Baked Tater Tots Fruit & Veggie Bar Assorted Milk	10 French Toast Sticks W/maple Syrup Sausage Patty Fruit & Veggie Bar Assorted Milk	11 Macaroni & Cheese Savory Green Beans & Dinner Roll Fruit & Veggie Bar Assorted Milk	12 Homemade Cheese Pizza Seasoned Carrots Fruit & Veggie Bar Assorted Milk	13 Cheese Quesadilla Mexi-Corn Fruit & Veggie Bar Assorted Milk
16 Lucky Tray Day! Soft Beef Taco Sweet Potato Fries Fruit & Veggie Bar Assorted Milk	17 Pancake Day! Pancakes w/maple syrup Sausage patty Scrambled eggs Baked apple slices Fruit & Veggie Bar Assorted Milk	18 Toasted Cheese Sandwich Tomato Soup Fruit & Veggie Bar Assorted Milk	19 Parfait: Vanilla Yogurt, Homemade Granola & Fruit Fruit & Veggie Bar Assorted Milk	20 Turkey Gravy w/mashed potatoes, Candied Yams, cranberry sauce & Dinner rolls (2) Fruit & Veggie Bar Assorted Milk
23 	24 	25 	26	27



Research suggests the food we eat affects our mental well-being to help students identify the foods that can make them feel their best, Chartwells launched Mood Boost! For the next few weeks we will highlight the foods that can help you feel Strong, alert, happy, Calm, smart & Confident

Every Entrée Includes Daily Salad Bar with Fresh Fruits and Veggies with choice of 1% Milk or Non-fat Chocolate

A full lunch includes 5 components; at a minimum students must take 3 components one of which must be a fruit or vegetable.

Alternate Entrée's

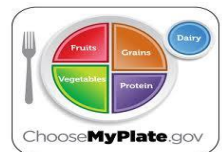
Monday:	Corn Dog	Tuna Salad Sub
Tuesday:	Cheese Pizza	Deli Sandwich
Wednesday:	Chicken Nuggets	Fun Lunch (Cereal & Yogurt)
Thursday:	Beef Nachos	Chef Salad with Fish Crackers
Friday:	Hot Dog	Deli Sandwich



Daily Fruit and Vegetable Bar

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Tossed Salad Fresh Baby Carrots Power Peas Fresh Fruit Chilled Fruit	Romaine Salad Broccoli Florets Legumes Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Spinach Salad w/Cranberries Fresh Fruit Chilled Fruit	Romaine Salad Broccoli Florets Fresh Fruit Chilled Fruit	Tossed Salad Fresh Baby Carrots Spinach Salad w/Cranberries Dried Fruit Mix Chilled Fruit

Did you know that Cheese, Eggs, Milk, Kale, Popcorn and Avocados can all help you feel Calm?



Go to MyPlate.gov for online personal wellness resources for you and your family.

Questions, please call: Nutrition Services Department 208-687-5451

View your menu online at: lakeland272.nutrislice.com

This Institution is an equal opportunity provider.

Student \$3.20 Adult \$4.00 Reduced \$.40