



GARFIELD RE-2 SCHOOL DISTRICT
December 2023
School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	HARVEST OF THE MONTH
			1	
			Chef's Choice Breakfast Chili and a Cinnamon Roll Cheese French Fries Salad Bar Milk	
5	6	7	8	<p>One cup of cooked broccoli offers as much vitamin C as an orange, and is a good source of beta-carotene. Broccoli contains vitamins B1, B2, B3, B6, iron, magnesium, potassium, and zinc too. It also provides fiber and is low in calories.</p>
Smoothie ,fruit, milk	Bagel with Cheese, Fruit Milk	Donut Stick Fruit Milk	Muffin Go Gurt Fruit Milk	
Macaroni and Cheese Peas and Carrots Tossed Salad Salad Bar Milk	Corn Dog Chips Roasted Cauliflower Salad Bar Milk	Pizza Butternut Squash Cucumber and Tomatoes Salad Bar Milk	Chicken Sandwich Broccoli and Cheese Pears Salad Bar Milk	
12	13	14	15	
Bagel Cream Cheese Fruit Milk	Muffin Fruit Milk	Sausage Biscuit Fruit Milk	Breakfast Bread Fruit Milk	
Taco Lettuce, Tomato and Cheese Fiesta Black Beans Salad Bar Milk	Breakfast for Lunch Pancakes Sausage and Hash Browns Salad Bar Milk	Chef's Choice Salad Bar Milk	Chef's Choice Salad Bar Milk	
19	20	21	22	
<h1>Happy Holidays</h1>				

1%, Fat Free or Chocolate Milk is served with each meal

Meals are Free - Please fill out an application anyway for funding

Garfield RE-2 Nutritional Services
 Mary McPhee, Director of Nutrition Services
 970-665-7697

Adult Meals: Breakfast \$3.00 Lunch \$4.25

This Institution is an Equal Opportunity Provider