

BREAKFAST INCLUDES FRESH FRUIT and/or JUICE (CANNED FRUIT MAY ALSO BE AVAILABLE)
 (VEGETABLES ARE INCLUDED IN THIS GROUPING) **GRAIN**
 Item/s; **DAIRY** Item/s (MILK)

Shasta Lake School Menu

DECEMBER



LUNCH INCLUDES FRESH FRUIT (CANNED MAY BE AVAILABLE); **FRESH SALAD and/or FRESH VEGETABLE(S)**

Adult Lunch \$5.75
Adult Breakfast \$4.25
Milk \$.50



CINNAMON SWEET ROLL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 FRENCH TOAST STICKS <u>LUNCH</u> CHEESE BURGER W/BUN CRINKLE CUT FRIES	3 HOT OATMEAL 1/2 ENGLISH MUFFIN <u>LUNCH</u> SOFT TACO	4 EGG STRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> TOASTED CHEESE SAND. HOMEMADE CHICKEN NOODLE SOUP	5 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> SPAGHETTI W/MEAT SAUCE GREEN BEANS	6 YOGURT PARFAITS (FRT.&GRAN.) <u>LUNCH</u> FRENCH BREAD PIZZA
9 FRENCH TOAST <u>LUNCH</u> POPCORN CHICKEN CURLY NOODLES	10 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> CHICKEN FAJITA SEASONED RICE	11 BREAKFAST WRAP <u>LUNCH</u> CORN DOG POTATO WEDGES	12 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> HOME MADE CHILI CORNBREAD	13 CINNAMON SWEET ROLL <u>LUNCH</u> ORANGE CHICKEN RICE
16 FRENCH TOAST STICKS <u>LUNCH</u> CHICKEN NUGGETS STEAMED CARROTS	17 ASSORTED COLD CEREALS 1/2 ENGLISH MUFFIN <u>LUNCH</u> BURRITO TOTS	18 EGG STRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> HNY. BBQ RIB SAND. (BEEF)	19 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> TURKEY W/GRAVY, MASHED POTATOES WW DINNER ROLL; CORN	

STUDENT'S CHOOSE MINIMUM OF 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST
 (IE. PROTEIN, GRAIN, FRUIT/VEGETABLE, MILK)
 2 GRAIN COMPONENTS MAY BE TAKEN
 2 FRUIT COMPONENTS MAY BE TAKEN
 ANY ITEM MAY BE 2 COMPONENTS
 (IE. PROTEIN/GRAIN = 2 GRAIN)
STUDENT'S MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE

STUDENT'S CHOOSE 3 OF 5 COMPONENTS FOR LUNCH
 (IE. PROTEIN, GRAIN, VEGETABLE, FRUIT, MILK)
 AN ENTREE ITEM MAY ENCOMPASS 2 COMPONENTS
 (IE. PROTEIN/GRAIN)
STUDENT'S MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE AT THE MINIMUM
MORE IS ALLOWED AND BOTH ARE ALLOWED

CHILLED 1% WHITE MILK AND NONFAT CHOCOLATE MILK & OTHER FLAVORS ARE SEASONAL (no high fructose corn syrup in chocolate milk)
 ALL MENU'S SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

SERVING FIVE STAR MEALS



PLEASE COME AND JOIN US FOR A NUTRITIOUS, HEALTHY BREAKFAST AND LUNCH! WE PROUDLY SERVE FRANZ BREAD ITEMS THAT ARE WHOLE WHEAT AND WHOLE GRAIN
 WE ALSO PROUDLY SERVE PRODUCER'S MILK AND DAIRY ITEMS

