

Director of Food & Nutrition

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Monday 	Tuesday 	Wednesday 	Thursday 	Friday 
<b>1</b> Crispy Chicken & Cheese Wrap  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>2</b> Italian hoagie  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>3</b> Fruit Yogurt Parfait w/ Granola & Crackers  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>4</b> Turkey & Cheese Wrap  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>5</b> Ham & Cheese Ciabatta Sandwich  Assorted Fresh Fruit & Vegetable Choice of Milk
<b>8</b> Grilled Buffalo Chicken Wrap  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>9</b> Ham & Cheese Bistro Box  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>10</b> Fruit Yogurt Parfait w/ Granola & Crackers  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>11</b> Italian Wrap  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>12</b> Turkey & Cheese Hoagie  Assorted Fresh Fruit & Vegetable Choice of Milk
<b>15</b> Chef Salad w/ Turkey, ham, & Fresh Sliced bread  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>16</b> Italian Combo Wrap  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>17</b> Fruit Yogurt Parfait w/ Granola & Crackers  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>18</b> Ham & Cheese Hoagie  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>19</b> Grilled Chicken & Cheese Wrap  Assorted Fresh Fruit & Vegetable Choice of Milk 
<b>22</b>  Popcorn Chicken Salad w/ Sliced bread  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>23</b> Ham & Cheese Hoagie  Assorted Fresh Fruit & Vegetable Choice of Milk	<b>24</b>  NO SCHOOL	<b>25</b>  NO SCHOOL	<b>26</b>  NO SCHOOL
<b>29</b>	<b>30</b>	<b>31</b>	<b>Happy Holidays</b> Always remember that you're a gift to us all.	

**ALTERNATE MENU OPTIONS**  
ALTERNATE DAILY MENU OPTIONS

Uncrustable w/ Cheesestick & Crackers

Chef Salad w/ ham/turkey & sliced bread

Wraps or Sandwiches:  
Ham & Cheese  
Turkey & Cheese  
Italian Combo

**WHAT MAKES A MEAL?**  
You must choose at least 3 of 5 components available for the school lunch price.  
Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread, and Choice of Milk  
\*Students must choose at least one fruit or vegetable

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**MILK OPTIONS**  
Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

**FRUIT & VEGGIE OPTIONS**  
Broccoli Florets | Baby Carrots  
Dark Leafy Greens | Legume Salads  
Celery & Cucumber  
\*May choose two 1/2 cup servings  
Crisp Apple | Sliced Peaches | Mixed Fruit  
Fresh Orange | Banana | Pineapple Tidbits  
Diced Pears | Applesauce

\*K-8 may choose up to 1/2 cup serving.  
9th-12th may choose two 1/2 cup servings