

K-6 LunchSmart Menu December 2017



	Monday	Tuesday	Wednesday	Thursday	Friday
					December 1 Handcrafted Mac & Cheese* & Dinner Roll* Salad Pears
	December 4 Greek-Style Chicken Brown Rice* Green Beans Snickerdoodle Cookie* Peaches	December 5 BBQ Rib Sandwich on a Bun* ^A Corn Mixed Fruit	December 6 Grilled Chicken Sandwich* with Lettuce & Tomato Marinated Three-Bean Salad Celery Sticks with Ranch Dressing Fresh Apple	December 7 Spaghetti* with Turkey Meatballs & Marinara L Broccoli Florets String Cheese Applesauce	December 8 Pepperoni French Bread Pizza* Baby Carrots Pears
	December 11 All-American Cheeseburger on a Bun* Salad Peaches	December 12 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Baby Carrots Fresh Banana	December 13 Beef Nachos* with Salsa Refried Beans Pineapple 	December 14 Chicken with Cranberry Orange Sauce & Honey Wheat Dinner Roll* Roasted Sweet Potatoes Green Peas Snickerdoodle Cookie* Applesauce	December 15 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Pears
	December 18 Oven-"Fried" Chicken Drumstick* & Breadstick* Corn Kettle-Baked Beans Fresh Orange	December 19 Meatball Sub* with Marinara, Mozzarella & Garnish Cup California Blend Veggies Mixed Fruit	December 20 Bosco Stick* with Marinara Dipping Sauce Salad Pineapple	December 21 Breaded Chicken Sandwich* Baby Carrots Fresh Apple	December 22 Pepperoni French Bread Pizza* Broccoli Florets Pears

You Snooze, You Win

Studies have shown that American kids and teens don't get enough sleep. Depending on a young person's age, between 8 and 12 hours of sleep are generally recommended each night. Catch your zzzs by avoiding big meals before bedtime, going to sleep at the same time every night, and not playing video games or watching TV right before you go to bed.

Skim and 1% White Milk Plus Fat-Free Chocolate Milk Served Each Day

*=Item contains whole grains / L=Locally sourced

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items / This institution is an equal opportunity employer