



December

2018

InSeason!Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meatless Monday ⁰³
French Toast Sticks
Cheesy Scrambled Eggs
Warmed Apple Sauce
Glazed Carrots

Beef or Chicken Taco ⁰⁴
Seasoned Rice
Corn
Shredded Lettuce
Tomatoes

Farmers Sloppy Joe On ⁰⁵
Whole Grain Roll
French Fries
Green Bean

N.Y. Thursday ⁰⁶
State Fair Spiedles
Whole Grain Roll
Salt Potatoes
Broccoli Salad

Pepperoni or Cheese Roll ⁰⁷
Romaine & Spinach
Salad with Tomatoes,
Fresh Cucumbers
Garbanzo Beans

Meatless Monday ¹⁰
Creamy Rotini Alfredo
Whole Grain Roll
Roasted Broccoli

Beef or Chicken Nachos ¹¹
Corn
Refried Beans
Salsa & Sour Cream

Oven Roasted Chicken Sandwich on ¹²
Whole Grain Roll
Mash Potato W/
Gravy
Seasoned Carrots

N.Y. Thursday ¹³
Cheeseburger
Whole Grain Roll
French Fries
Green Beans

Hand Stretched Cheese or Pepperoni ¹⁴
Pizza
Romaine & Spinach
Salad with Tomatoes,
Fresh Cucumbers

¹⁷
Meatless Monday
Grilled Cheese
Tomato Soup
Roasted Carrots

Beef Burrito Bowl ¹⁸
Beef, Rice, Cheddar
Cheese, Corn Salsa
Sour Cream
Black Bean Salad

Christmas Dinner ¹⁹
Stuffed Shell W/
Meatballs Garlic
Bread Roasted
Broccoli Christmas
Cookie

N.Y. Thursday ²⁰
BBQ Pulled Pork
Whole Grain Roll
French Fries
Coleslaw

²¹
French Bread Pizza
Romaine & Spinach
Salad with Tomatoes,
Fresh Cucumbers



Announcements

Available Daily:

Canned Fruit, Fresh Fruit,
Fresh Veggie, Hot Veggie of
the Day

May Choose up to two (2)

Milk Choices:

1% White, Skim White
Skim Chocolate

Daily Choices:

TRIPLE DECKER PB&JELLY

SALAD BAR

SMOOTHIE BAR

Menu subject to change without
notice.

Meal Prices

Breakfast and Lunch
will be served at **NO
COST** to students for
the 18/19 school
year!

**Must Take a
Complete Meal**