

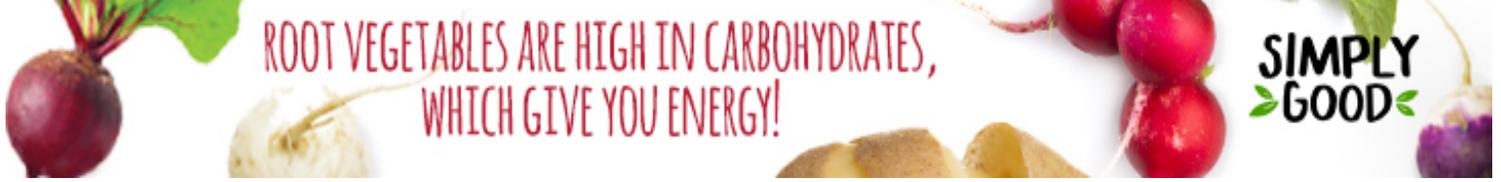


Raymond Education Campus (K-8) Lunch

December 2015

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 30	Dec 1	Dec 2	Dec 3	Dec 4
Chicken Nuggets w/Mumbo Sauce & Whole Grain Dinner Roll OR Veggie Chili w/ Whole Grain Dinner Roll Fresh Roma Roasted Local Red Potatoes Fresh Romaine & Tomato Salad Fresh Local Apple	Barbecue Turkey on Whole Grain Bun OR Vegetarian Caesar Salad w/Whole Grain Croutons Southwest Pinto Beans Fresh Celery w/Light Dressing Pineapple Cup	Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice Seasoned Carrots Fresh Cucumber Coins Fresh Orange	Pizza Burger on Whole Grain Bun OR Italian Bagel Sweet Potato Wedges Fresh Local Kale Caesar Salad Fresh Local Pear	<p style="text-align: center;">PD DAY</p> <p style="text-align: center;">No School</p>
Dec 7	Dec 8	Dec 9	Dec 10	Dec 11
Turkey Hot Dog on a Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread Baked Beans Fresh Homemade Cole Slaw Fresh Local Apple	Whole Grain Spaghetti w/Beef Meatballs OR Whole Grain Spaghetti w/Marinara Sauce & Mozzarella Cheese Green Beans Italiano Fresh Baby Carrots w/Light Dressing Pineapple Cup	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Salad Sandwich on Whole Grain Bun Seasoned Carrots Fresh Romaine and Tomato Side Salad Fresh Orange	Teriyaki Chicken w/ Ginger Lime Brown Rice OR Veggie Lo Mein Roasted Broccoli Fresh Celery Sticks w/ Light Dressing Fresh Banana	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice OR Bean & Cheese Burrito Mexican Corn Fresh Baby Carrots w/ Light Dressing 100 % Grape Juice
Dec 14	Dec 15	Dec 16	Dec 17	Dec 18
Spicy Asian Chicken w/Brown Rice OR Veggie Lo Mein Glazed Carrots Fresh Broccoli w/Light Dressing Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Taco Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup	Glazed Turkey Ham Cornbread Cranberry Sauce OR Toasted Two Cheese Sandwich on Whole Grain Bread Mashed Potatoes w/ Gravy Fresh Celery Sticks Fresh Orange	Cheeseburger on Whole Grain Bun OR Veggie Chili w/Whole Grain Dinner Roll Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing Fresh Banana	Rachael Ray's Yum-O-Capital City Chicken Drumstick w/Whole Grain Biscuit OR Cheese and Yogurt Plate Rachael Ray's Yum-O Local Sweet Potato Mash Fresh Cucumber Coins 100 % Grape Juice
Dec 21	Dec 22	Dec 23	Dec 24	Dec 25
Whole Grain Spaghetti w/ Beef Meatballs OR Whole Grain Spaghetti w/Marinara Sauce & Mozzarella Cheese Roasted Broccoli Fresh Baby Carrots w/ Light Dressing Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust OR Chicken Salad Sandwich on Whole Grain Bun Sweet Potato Wedges Fresh Cucumber Coins Pineapple Cup	Cheeseburger on Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread Fiesta Black Beans Fresh Celery Sticks w/Light Dressing Fresh Orange	 <p>HAPPY HOLIDAYS!!</p> <p>NO SCHOOL</p> 	
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad w/Fresh Romaine & Croutons w/Whole Grain Dinner Roll	Garden Salad w/Fresh Romaine Tomatoes, Cheese & Whole Grain Garlic Bun	Chef Salad w/Fresh Romaine, Turkey Ham, Egg, Cheese & Whole Grain Garlic Bun	Turkey Salami Sandwich on Whole Grain Roll	Chicken Salad on Whole Grain Sub w/Fresh Lettuce and Tomato



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opportunity provider and employer.

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equal