

ROOT VEGETABLES ARE HIGH IN CARBOHYDRATES,
WHICH GIVE YOU ENERGY!

**SIMPLY
GOOD**

Early Childhood Lunch Menu

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), 1 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!

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 30	Dec 1	Dec 2	Dec 3	Dec 4
Chicken Nuggets w/ Mumbo Sauce & Whole Grain Dinner Roll Fresh Roma Roasted Local Red Potatoes Fresh Local Apple	Barbecue Turkey on Whole Grain Bun Fresh Celery Sticks w/Light Dressing PineappleCup	Korean Bibimbap Chicken w/Ginger Lime Brown Rice Seasoned Carrots Fresh Orange	Italian Bagel Sweet Potato Wedges Fresh Local Pear	New Teacher Orientation No School
Dec 7	Dec 8	Dec 9	Dec 10	Dec 11
Toasted Two Cheese Sandwich on Whole Grain Bread Homemade Coleslaw Fresh Local Apple	Whole Grain Spaghetti w/Beef Meatballs Green Beans Italiano PineappleCup	Homemade Cheese Pizza on Whole Grain Crust Seasoned Carrots Fresh Orange	Teriyaki Chicken w/ Ginger Lime Brown Rice Roasted Broccoli Fresh Banana	Bean & Cheese Burrito Mexican Corn 100% Grape Juice
Dec 14	Dec 15	Dec 16	Dec 17	Dec 18
Veggie Lo Mein Glazed Carrots Fresh Local Apple	Homemade Cheese Pizza on Whole Grain Crust Local Country Collard Greens PineappleCup	Glazed Turkey Ham Cornbread Cranberry Sauce Mashed Potatoes w/ Gravy Fresh Orange	Cheeseburger on Whole Grain Bun Fresh Baby Carrots w/Light Dressing Fresh Banana	Rachael Ray's Yum-O- Capital City Chicken Breast w/Whole Grain Biscuit Fresh Cucumber Coins 100% Grape Juice
Dec 21	Dec 22	Dec 23	Dec 24	Dec 25



HAPPY HOLIDAYS!!

NO SCHOOL