



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



**SIMPLY
GOOD**

Supper

December 2015

Did you know—If you see it in green, it's local and if you see it in blue, it 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
Turkey Salami on Whole Grain Roll Fresh Baby Carrot w/ Light Dressing 100% Orange Juice 1% Milk	Hummus Platter w/Broccoli Florets, Baby Carrots, Celery Sticks Whole Grain Pretzel Sticks 1% Milk	Picnic Basket Chicken Drumstick w/ Whole Grain Roll Fresh Homemade Confetti Cole Slaw Pineapple Cup 1% Milk	Chicken Salad Sandwich on Whole Grain Bread Local Tuscan Kale Salad Peach Cup 1% Milk	PD Day No School
Dec 7	Dec 8	Dec 9	Dec 10	Dec 11
Tuna Salad Sandwich on Whole Grain Bread Fresh Celery Sticks w/Light Dressing Peach Cup 1% Milk	Grilled Chicken Caesar Salad w/ Romaine, Cheese & Whole Grain Croutons 100% Apple Juice 1% Milk	Spicy Chicken Taco Bowl w/Romaine, Corn, Tomatoes & Cheese, Light Ranch Dressing Whole Grain Tortilla Chips 1% Milk	Garden Salad w/Romaine, Tomatoes and Cheese Whole Grain Roll 1% Milk	Turkey Bologna on Whole Grain Bread w/Mustard Fresh Cucumber Coins w/Light Dressing Applesauce Cup 1% Milk
Dec 14	Dec 15	Dec 16	Dec 17	Dec 18
Tuna Salad Sandwich on Whole Grain Bread Fresh Romaine & Tomato Side Salad Diced Pears 1% Milk	Spicy Chicken Taco Bowl w/Romaine, Corn, Tomatoes & Cheese, Light Ranch Dressing Whole Grain Tortilla Chips 1% Milk	French Bistro Sandwich w/ Tomato, Mozzarella and Chicken Sandwich on Whole Grain Roll Fresh Cucumber Coins Fresh Orange 1% Milk	Chef Salad w/Turkey Ham & Cheese Whole Grain Dinner Roll Fresh Local Apple 1% Milk	Chicken Salad Whole Wheat Wrap Baby Carrots w/Light Dressing Peach Cup 1% Milk
Dec 21	Dec 22	Dec 23	Dec 24	Dec 25
Hummus Platter w/Broccoli Florets, Baby Carrots, Celery Sticks Whole Grain Pretzel Sticks 1% Milk	Turkey Ham and Cheese on Whole Grain Bread Fresh Romaine & Tomato Side Salad 1% Milk	Chicken Caesar Whole Grain Wrap Peach Cup 1% Milk	<p>HAPPY HOLIDAYS!!</p> <p>NO SCHOOL</p> 	