

# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Calorie target</i> <i>K-5 = 550-650</i> <i>6-8 = 600-700</i> <i>9-12 = 750-850</i>						
<i>Sub sandwich option for main dish everyday except Friday</i>	<i>3 Chicken Alfredo</i> <i>Garlic Breadstick</i> <i>Baby Carrots &amp; Dip</i> <i>Mixed Fruit, Milk</i>	<i>4 Hot Ham &amp; Cheese, Cheesy Potatoes, Cooked Carrots, Peaches, Milk</i>	<i>5 Hamburger/Bun</i> <i>Cheese, Baked Fries, Cooked Carrots, Sliced Pears, Milk</i>	<i>6 Breaded Chicken Patty, Broccoli &amp; Cheese, Mixed Veggies, Fruit, Milk</i>	<i>7 French Toast sticks, Muffin, Sweet potatoes, Strawberry Parfait, Milk</i>	
<i>Salad bar open to all students everyday!</i>	<i>10 Haystacks</i> <i>Lettuce Salad,</i> <i>Refried beans</i> <i>Corn Fiesta, Tropical Fruit, Milk</i>	<i>11 Spaghetti</i> <i>Garlic Toast,</i> <i>Pepper strips, Lettuce salad. Mandarin Oranges, Milk</i>	<i>12 Hotdog</i> <i>Baked Beans</i> <i>Baked Chips</i> <i>Apple Sauce</i> <i>Milk</i>	<i>13 Chili</i> <i>Cinnamon Roll</i> <i>Green Beans</i> <i>Corn Chips, Milk</i> <i>Sliced Peaches</i>	<i>14 Mac &amp; Cheese</i> <i>Breadstick, Mixed Veggies, Fruit</i> <i>snacks, Pineapple, Milk</i>	
	<i>17 Burritos</i> <i>Cheese sauce, Corn</i> <i>fiesta, Chips &amp; Salsa,, Pineapple, Milk</i>	<i>18 Tavern</i> <i>Potato Wedges</i> <i>Green Beans</i> <i>Cinnamon Apples</i> <i>Milk</i>	<i>19 Popcorn Chicken (or Chicken Nuggets) Mashed Potatoes &amp; Gravy, Corn, Sliced Pears, Milk</i>	<i>20 Breaded Pork</i> <i>Patty, Green beans,</i> <i>Rice pilaf, Apricots, Milk</i>	<i>21 Fish Sandwich</i> <i>Bun, Cheese slice,</i> <i>Baked Beans, Goldfish Crackers, Fruit</i> <i>Milk</i>	
	<i>24 No school</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	
	<i>31</i>					