

# December



Monday	Tuesday	Wednesday	Thursday	Friday	<b>BREAKFAST</b>	
				<b>1</b> Whole Wheat Breakfast Bun <u>Pineapple</u> Fish Sticks w/Rosy Applesauce Mixed Fruit	<b>2</b> Sausage Breakfast Pizza <u>Applesauce</u> Cheeseburger w/French Fries Pears	<b>Choice of ...</b> Breakfast Special or Reduced Sugar Cereal <b>Offered Daily:</b> Assorted Whole Fresh Fruit Skim & 1% Milk  <b>LUNCH</b> <b>Choice of...</b> - Entrée Special - PB&J Sandwich - Salad with Tuna, Cheese or Turkey - Seasonal Fresh Fruit with Yogurt & Muffin  <b>Assorted Whole Fresh Fruit and Vegetables</b>   <b>Our Famous Low-Fat Ranch Dressing</b>  <b>Milk Varieties:</b> Skim White 1% White 1% Chocolate 1% Strawberry
<b>5</b> Waffle Sticks w/Syrup <u>Peaches</u> Beef & Bean Tostada w/Juice Bar Pineapple	<b>6</b> Yogurt Prafait w/Granola <u>Mixed Fruit</u> Pasta Primavera w/Chocolate Chip Cookie Applesauce	<b>7</b> Banana Chocolate Chip Muffin w/Cheese Stick <u>Apricots</u> Cheese Pizza w/Tossed Salad Minestrone Soup	<b>8</b> Whole Wheat Breakfast Bun <u>Pears</u> Beef Strips w/Mashed Potatoes & Gravy Mixed Fruit	<b>9</b> Egg & Colby Breakfast Taco <u>Pineapple</u> Turkey Sub Sandwich w/Baked Chips Apricots		
<b>12</b> French Toast w/Syrup <u>Applesauce</u> Chicken Nuggets w/Dinner Roll Pears	<b>13</b> Cinnamon Roll w/Orange Glaze <u>Peaches</u> Bean & Cheese Burrito w/Tossed Salad Pineapple	<b>14</b> Hummingbird Muffin w/Cheese Stick <u>Mixed Fruit</u> Hot Dogs w/Potato Smiles Applesauce	<b>15</b> Sunrise English Muffin <u>Apricots</u> Beef Tamale with Refried Beans Peaches	<b>16</b> Whole Wheat Breakfast Bun <u>Pears</u> Sloppy Joe Sandwich w/Golden Corn Mixed Fruit		
<b>19</b> Pancakes w/Syrup <u>Mixed Fruit</u> Chicken Tacos w/Refried Beans Mandarin Oranges	<b>20</b> Ham & Cheese Quesadilla <u>Apricots</u> Pasta w/Meat Sauce & Dinner Roll Peaches	<b>21</b> Pumpkin Muffin w/Cheese Stick <u>Pears</u> Grill Cheese & Mix Fruit Tomato Soup	<b>22</b> Whole Wheat Breakfast Bun <u>Pineapple</u> Baked Chicken w/Mashed Potatoes & Gravy Apricots	<b>23</b> Sausage Breakfast Pizza <u>Applesauce</u> Hamburger w/Potato Wedges Mixed Fruit		
<b>STAYING HEALTHY:</b> With cold and flu season settin in, it's as important as ever to make sure your youngster eats well. Boost his immunity with plenty of nutrient-rich fruits and vegetables each day. Good choices include oranges, grapefruit, cantaloupe, sweet potatoes, tomatoes, and broccoli.*						

Denotes Vegetarian Denotes Pork Denotes Turkey Denotes Beef

\*Nutrition Nuggets

Menu is subject to change due to availability



For further information or questions regarding Child Nutrition Program please contact us at (602) 707 2021 -Hablamos Español -

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FREE Breakfast for all our students  
 Lunch full price \$1.00 reduced price 40¢ Adult meals: Breakfast \$1.00 Lunch \$2.00

This institution is an equal opportunity provider.