

# DECEMBER

Elementary

Milk and an Uncrustable Grab N' Go will be offered with every meal.

## COLD WEATHER BUGS

Protect yourself from the illnesses that come with the chilly changes in the weather.



Eating a rainbow of fruits and vegetables can keep your body strong and better able to fight off infection. Blueberries, oranges, spinach, and broccoli are some of the best fruits and vegetables to stock up on this cool time of year.



Monday	Tuesday	Wednesday	Thursday	Friday
November 28 Spaghetti with Meat Sauce & Garlic Toast or Choice of Pizza Seasoned Vegetables Garden Fresh Salad Fruit Cup	November 29 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	November 30 Country Bowl or Country Bucket Hot Roll Seasoned Vegetables Fruit Cup	1 Grilled Turkey & Cheese Sandwich or Corn Dog Choice of Chips Baked Beans Carrot Dippers Strawberries & Cream	2 Cheese Burger or Chicken Sliders Basket with Fries Shredded Lettuce Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
5 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Cup	6 Tacos or Crisпитos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	7 Boneless Wings or Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Colorful Pears	8 Mexican Mac & Cheese or Cheesy Bread Bites Carrot Dippers Seasoned Corn Fruit Cup	9 Chicken Sandwich or BBQ on Bun Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
12 Baked Ziti with Garlic Toast or Pizza Seasoned Vegetables Garden Salad Banana Sundaes	13 Street Tacos Chicken Fajitas or Grilled Beef in a Soft Corn tortilla Rice and Beans Shredded Lettuce Chopped Tomatoes Homemade Salsa Fruit Cup	14 Crispy Chicken Drumstick or Chicken Strips Hot Roll Mashed Potatoes Steamed Baby Carrots Orange Smiles	15 Asian Bowl with Fried Rice or Popcorn Chicken Choice of Seasoned Vegetables Fruit Salad	16

## Breakfast

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 11/28 & 12/12	Breakfast on Bun	French Toast Sticks	Bacon & Eggs w/ Toast	Pancake Wrap	Biscuits & Gravy
Week of 12/5	Breakfast Bowl	Banana Bread	Eggs & Sausage w/ Toast	Breakfast Pizza	Fruit Frudel