

DECEMBER 2019 – 2020					
	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	2 Jambalaya Choice of Fruit Carrots, steamed, ½ c Potato Salad ½ c Rice ½ c Roll or Cornbread	3 Chicken Tender Choice of Fruit Green Beans ½ c Broccoli, raw ½ c Macaroni n cheese 2/3 c Roll	4 National Cookie Day Chicken, Fried Choice of Fruit Cole Slaw ½ c Baked Beans 2/3 c = ½ c Roll / Choc Chip Cookie	5 Turkey Choice of Fruit Salad 1 c = ½ c Sweet Potato Casserole ½ c Rice ½ w/ Gravy ¼ c Roll / Brownie	6 Shepherd's Pie Choice of Fruit Carrot, raw ½ c Mashed Potato w/ gravy Roll
	Pizza / Marinara Sauce ½ c Fruit Carrot, raw ½ c	Chicken Sandwich w/Fries Fruit – Apple, whole Broccoli, raw ½ c	Hamburger with Fries ¾ c Lettuce ½ c = ¼ c, Tomato, slices ¼ c Baked Beans 2/3 c = ½ c	Chicken Sandwich With Fries ¾ c Lettuce, ½ c = ¼ c Brownie	BBQ Sandwich (Smoked Pulled Pork) with Fries ¾ c Carrot, raw ¼ c
	Smoothie w/ Cheese Stick Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun butter	Grab & Go Yogurt Grab & Go Chef Salad Grab & Go Hummus	Grab & Go Yogurt Grab & Go Hummus Grab & Go Chicken Salad	Corndog / chips / Fruit Salad / Broccoli Grab & Go Yogurt Grab & Go Hummus Grab & Go Chef Salad	Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun butter
Week 1	9 Beef Tacos 2 m Sh. Cheese ½ oz m Choice of Fruit Lettuce ½ c = ¼ c Salsa ¼ c , Tomatoes ¼ c Ranchero Beans Tortillas and Shells Cinn. Sticks, Sour Cream	10 Chicken Tender Choice of Fruit Broccoli, raw, ½ c Potato au Gratin ¾ c Roll 	11 Pastalaya Choice of Fruit Carrot, Raw ½ c Green Beans ½ c Pasta Garlic Breadstick Brownie	12 Chinese Chicken: General Tso's, Mandarin Orange Choice of Fruit Salad, 1 c = ½ c Green Peas, ½ c Rice / Roll	13 Grilled Cheese Sandwich with Tomato Basil Soup Choice of Fruit Carrots, steamed, ½ c Potato Salad ½ c Texas Toast / Oatmeal Cookie
	Nacho Supreme w/Cheese Marinara Or Salsa ½ c Refried Beans Or Ranchero Beans Breeding Or Nacho chips Cinnamon Sticks	Chicken Sandwich Fruit – Apple, whole Broccoli, raw, ½ c Lettuce, ½ c = ¼ c Fries ¾ c	BBQ Smoked Pork Sandwich Fries ¾ c Lettuce, ½ c = ¼ c Brownie	Meatball Sub with Fries ¾ c Carrot raw ½ c Marinara Sauce, Sub (1/4 c) Mozzarella Cheese, Sub (½ oz)	Hamburger / Fries ¾ c Lettuce ½ c = ¼ c Carrot raw ¼ c Oatmeal Cookie
	Smoothie w/ Cheese Stick Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun butter	Grab & Go Yogurt Grab & Go Chef Salad Grab & Go Hummus	Grab & Go Yogurt Grab & Go Hummus Grab & Go Chicken Salad	Grab & Go Yogurt Grab & Go Hummus Grab & Go Chef Salad	Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun butter
	16 Spaghetti Choice of Fruit Green Beans ½ c Salad 1 c = ½ c Garlic Breadstick Rice Crispy Treat	17 Chicken Tender Choice of Fruit Broccoli, raw ½ c Baked Beans 2/3 c Macaroni n Cheese 2/3 c Toast	18 Meatloaf with Gravy Choice of Fruit Carrot, raw ½ c Mashed potatoes ½ c Roll	19 Turkey Roast Mix Fruit Salad ½ c Bananas ½ c / Roll Cornbread Dressing ½ c Sweet Potato Casserole ½ c Broccoli, florets ½ c Cranberry Sauce Gravy, Chicken Cookie Choc. Chip	20 ½ Day School Corndogs Broccoli, raw ½ c Carrots, raw ½ c Apples, ½ c Bananas, ½ c 
Hot Sandwich: Turkey/Cheese Fries ¾ c Lettuce, ½ c = ¼ c Rice Crispie Treat	Chicken Sandwich / Fries Lettuce, ½ c = ¼ c Broccoli, raw ¼ c Baked Beans 2/3 c	Hamburger / Fries Tomato, slices ¼ c Carrot raw, ½ c Lettuce ½ c = ¼ c	Hot Dog w/ Chili Potato Rounds ¾ c Broccoli, florets ½ c		
Smoothie w/ Cheese Stick Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun butter	Grab & Go Yogurt Grab & Go Chef Salad Grab & Go Hummus	Bean & Cheese Burrito Lettuce, Salsa Carrots Grab & Go Yogurt Grab & Go Hummus	Grab & Go Yogurt Grab & Go Hummus Grab & Go Sun butter		
Week 2					