



December K-8 2014 Lunch Menu

<p>1 Meatballs & Gravy (1.6m) Mashed Potatoes (3/4s) WG Dinner Roll (1.25wg) Fresh Banana (1/2c) Milk (1c) <i>ca= 610 cb=97 so=1153</i></p>	<p>2 Chicken Nuggets (1.6m) Baked Beans (1/2l) Fresh Carrot Sticks (1/2r) WG Dinner Roll (1.25wg) Fresh Cut Orange (1/2c) Milk (1c) <i>ca= 614 cb=101 so=1221</i></p>	<p>3 Chicken Patty & WG Bun (2m, 2wg) Ketchup Fresh Celery Sticks (3/4o) Ranch Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 625 cb=94 so= 1125</i></p>	<p>4 Sloppy Joe & WG Bun (2m, 2wg, 1/4r) Fresh Broccoli Florets (1/2gl) Fresh Apple (1/2c) Milk (1c) <i>ca= 610 cb=103 so=1202</i></p>	<p>5 Beef Pepperoni WG Pizza (2m, 2wg, 1/8r) Fresh Carrot Sticks (1r) Ranch Dressing Fresh Banana (1/2c) Milk (1c) <i>ca= 640 cb=96 so=1059</i></p>
<p>8 Hamburger Patty & WG Bun (2m, 2wg) Corn (3/4s) Fresh Banana (1/2c) Milk (1c) <i>ca= 601 cb=102 so=1227</i></p>	<p>9 Turkey Hotdog & WG Bun (2m, 1.5wg) Mustard Baked Beans (1/2l) Fresh Carrot Sticks (1/2r) Fresh Apple (1/2c) Milk (1c) <i>ca= 610 cb=110 so=1230</i></p>	<p>10 Beef Meatballs & Marinara (1.6m, 1/4r) WG Pasta (1/8wg) Fresh Broccoli Florets (1/2gl) Ranch Dressing Fresh Orange (1/2c) WG Roll (1.25wg) Milk (1c) <i>ca= 650 cb=82 so=1001</i></p>	<p>11 BBQ Beef & WG Bun (2m, 1.5wg) BBQ Sauce Green Beans (3/4o) Fresh Cut Melon (1c) Milk (1c) <i>ca= 613 cb=84 so=1166</i></p>	<p>12 Beef Pepperoni WG Pizza (2m, 2wg, 1/8r) Fresh Carrot Sticks (1r) Ranch Dressing Fresh Banana (1/2c) Milk (1c) <i>ca= 640 cb=96 so=1059</i></p>
<p>15 WG Chicken Corndog (2m, 2wg) Ketchup Baked Beans (1/2l) Fresh Carrot Sticks (1/2r) Fresh Banana (1/2c) Milk (1c) <i>ca=615 cb=110 so=1171</i></p>	<p>16 WG Pizza Sticks (2m, 2wg) Marinara Sauce (1/8r) Italian Green Beans (3/4o) Fresh Cut Melon (1/2c) Milk (1c) <i>ca=603 cb=105 so=1058</i></p>	<p>17 Beef Meatball Sub & WG Bun (1.2m, 1.5wg, 1/2r) Fresh Broccoli Florets (1/2gl) Ranch Dressing Fresh Cut Melon (1/2c) (1/2c) Milk (1c) <i>ca= 601 cb=83 so=1223</i></p>	<p>18 Chicken Patty & Gravy (2m) Mashed Potatoes (1/2s) Fresh Celery Sticks (1/4o) WG Dinner Roll (1.25wg) Fresh Orange (1/2c) Milk (1c) <i>ca= 605 cb=96 so=1219</i></p>	<p>19 Beef Pepperoni WG Pizza (2m, 2wg, 1/8r) Fresh Carrot Sticks (1r) Ranch Dressing Fresh Banana (1/2c) Milk (1c) <i>ca= 640 cb=96 so=1059</i></p>
<p>Holiday Break</p>			<p><i>ca = calories cb = carbohydrates gm so = sodium gm</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i></p> <p><i>All bread items whole grain</i></p>	<p><i>m = meat/protein wg = whole grain r = red/orange l = legume o = other s = starchy gl = green leafy</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



December 9-12 2014 Lunch Menu

<p><i>ca = calories</i></p> <p><i>so = sodium gm</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i></p> <p><i>All bread items whole grain</i></p>	<p><i>m = meat/protein</i></p> <p><i>wg = whole grain</i></p> <p><i>r = red/orange</i></p> <p><i>l = legume</i></p> <p><i>o = other</i></p> <p><i>s = starchy</i></p> <p><i>gl = green leafy</i></p>			
<p>1 <i>ca=788 so=1348</i> Meatballs & Gravy (2m) Mashed Potatoes (1/2s) Fresh Romaine (1gl) Ranch WG Dinner Roll - 2 (2.5wg) Fresh Banana (1/2c) Juice (1/2c) Milk (1c)</p>	<p>2 <i>ca=800 so=1400</i> Chicken Nuggets (2m) Baked Beans (1/2l) Fresh Romaine (1gl) WG Dinner Roll (1.25wg) WG Saltines - 2 (.75wg) Fresh Melon (1c) Milk (1c)</p>	<p>3 <i>ca=765 so=1223</i> Chicken Patty & WG Bun (2m, 2wg) Ketchup Fresh Romaine (2gl) Ranch - 2 Fresh Orange (1/2c) Raisins (1/2c) Milk (1c)</p>	<p>4 <i>ca=807 so=1359</i> Sloppy Joe & WG Bun (2m, 2wg, 1/4r) Fresh Romaine (1.5gl) Ranch Craisins - 2 (1c) WG Bear Grahams (1wg) Milk (1c)</p>	<p>5 <i>ca=770 so=1069</i> Beef Pepperoni WG Pizza (2m, 2wg, 1/8r) Fresh Carrot Sticks (1r) Ranch Dressing Fresh Banana (1/2c) Raisins (1/2c) Milk (1c)</p>
<p>8 <i>ca=754 so=1419</i> Hamburger Patty & WG Bun (2m, 2wg) Ketchup Corn (3/4s) Fresh Romaine (1/2gl) Ranch Fresh Banana (1/2c) Craisins (1/2c) Milk (1c)</p>	<p>9 <i>ca=792 so=1393</i> Turkey Hotdog & WG Bun (2m, 1.5wg) Ketchup Baked Beans (1/2l) Fresh Romaine (1.5gl) Ranch WG Bear Grahams (1wg) Fresh Melon (1c) Milk (1c)</p>	<p>10 <i>ca=795 so=1164</i> Beef Meatballs & Marinara (2m, 1/4r) WG Pasta (1/8wg) Fresh Romaine (1.5gl) Ranch WG Roll - 2 (2.5wg) Fresh Orange (1/2c) Juice (1/2c) Milk (1c)</p>	<p>11 <i>ca=790 so=1081</i> BBQ Beef & WG Bun (2m, 1.5wg) BBQ Sauce Fresh Romaine (2gl) Ranch Fresh Cut Melon (1/2c) Raisins (1/2c) WG Bear Grahams (1wg) Milk (1c)</p>	<p>12 <i>ca=770 so=1069</i> Beef Pepperoni WG Pizza (2m, 2wg, 1/8r) Fresh Carrot Sticks (1r) Ranch Dressing Fresh Banana (1/2c) Raisins (1/2c) Milk (1c)</p>
<p>15 <i>ca=755 so=1190</i> WG Chicken Corndog (2m, 2wg) Ketchup Baked Beans (1/2l) Fresh Romaine (1gl) Fresh Banana (1/2c) Raisins (1/2c) Milk (1c)</p>	<p>16 <i>ca=830 so=1064</i> WG Pizza Sticks (2m, 2wg) Marinara Sauce (1/8r) Fresh Romaine (2gl) Ranch Fresh Banana (1/2c) Juice (1/2c) Milk (1c)</p>	<p>17 <i>ca=783 so=1340</i> Beef Meatball Sub (2m, 1/2r) Sub Bun - 2 (3wg) Fresh Romaine (1gl) Fresh Cut Melon (1/2c) Juice (1/2c) Milk (1c)</p>	<p>18 <i>ca=750 so=1384</i> Chicken Patty & Gravy (2m) Mashed Potatoes (1/2s) Fresh Romaine (1gl) WG Dinner Roll - 2 (2.5wg) Fresh Orange (1/2c) Juice (1/2c) Milk (1c)</p>	<p>19 <i>ca=770 so=1069</i> Beef Pepperoni WG Pizza (2m, 2wg, 1/8r) Fresh Carrot Sticks (1r) Ranch Dressing Fresh Banana (1/2c) Raisins (1/2c) Milk (1c)</p>
<p>22</p> <p>Holiday Break</p>				

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