

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Breakfast: Cereal, Toast, Fruit/Juice, Milk Lunch: Cheeseburger, Fries or Deli Sandwich, Fruit & Salad Bar, Milk	2 Breakfast: Sausage Links, French Toast, Fruit/Juice, Milk Lunch: Corndog, Tater Kickers or Deli Sandwich, Fruit & Salad Bar, Milk	3 Breakfast: Bagels, Yogurt, Granola, Fruit/Juice, Milk Lunch: Taco Soup, Cheesy Breadstick, or Deli Sandwich, Fruit & Salad Bar, Milk.	4 Breakfast: Cinnamon Roll, String Cheese, Fruit/Juice, Milk Lunch: Crisпитos, Refried Beans, or Deli Sandwich, Fruit & Salad Bar, Milk	5
6	7 Breakfast: Breakfast Pizza, Fruit/Juice, Milk Lunch: Chicken Noodle Soup, Deli Sandwich, Fruit & Salad Bar, Milk	8 Breakfast: Sausage Links, Pancakes, Fruit/Juice, Milk Lunch: Burrito, Fries, or Deli Sandwich, Fruit & Salad Bar, Milk	9 Breakfast: Maple Bars, String Cheese, Fruit/Juice, Milk Lunch: Pizza, Corn or Deli Sandwich, Fruit & Salad Bar, Milk	10 Breakfast: Sausage, Biscuit, Fruit/Juice, Milk Lunch: Nachos, Refried Beans or Deli Sandwich, Fruit & Salad Bar, Milk	11 Breakfast: Breakfast Burrito, Fruit/Juice, Milk Lunch: Chicken Nuggets or Shrimp Poppers, Tater Kickers, Fruit & Salad Bar, Milk	12
13	14 Breakfast: Sausage Links, Waffle Dippers, Fruit/Juice, Milk Lunch: Mac & Cheese, Lil Smokies, Cheesy Breadstick, Fruit & Salad Bar, Milk	15 Breakfast: Bagels, Yogurt, Granola, Fruit/Juice, Milk Lunch: Chicken Burger, Fries, or Deli Sandwich, Fruit & Salad Bar, Milk	16 Breakfast: Cereal, Proball, String Cheese, Fruit/Juice, Milk Lunch: Beef Taco Salad, Refried Beans or Deli Sandwich, Fruit & Salad Bar, Milk	17 Breakfast: Breakfast Burrito, Fruit/Juice, Milk Lunch: Sausage, Biscuit, Hashbrowns, Egg or Deli Sandwich, Fruit & Salad Bar, Milk	18 Breakfast: Breakfast Pizza, Fruit/Juice, Milk Lunch: Pizza Pocket, Corn or Deli Sandwich, Fruit & Salad Bar, Milk	19
20	21	22	23	24	25	26
WINTER BREAK NO SCHOOL						
27	28	29	30	31		
<p>Children with a sack lunch from home can purchase milk at school for \$.25. Salad Bar, offered daily, may include: Veggies, fresh fruit in season, chilled or dried fruit, cheese, dressings, sunflower seeds, diced ham or turkey. All canned fruit is drained to lower sugar intake. Some products may have been made in a plant that also manufactures products containing tree nuts or peanuts.</p>						