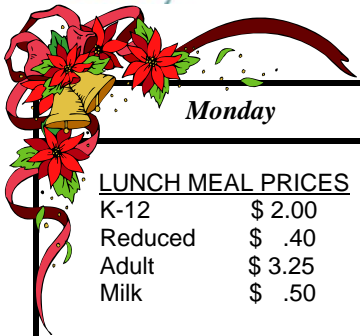


DECEMBER MIDDLE & HIGH LUNCH



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
LUNCH MEAL PRICES K-12 \$ 2.00 Reduced \$.40 Adult \$ 3.25 Milk \$.50	12/1 Salisbury Steak w/ Gravy, Mashed Potatoes Fresh Fruit, Juice or Canned Fruit, Milk	12/2 Spaghetti w/ Meat Sauce Tossed Salad Whole Wheat Breadstick Fresh Fruit Juice or Canned Fruit, Milk	12/3 Baked or BBQ Chicken Asian Rice Fresh Fruit, Juice or Canned Fruit Milk	12/4 Fish Fillet Sandwich w/Lettuce & Tomato or Manager's Choice Entrée, Mixed Vegetables Fresh Fruit, Juice or Canned Fruit Milk
12/7 Chicken Nuggets Mashed Potatoes w/Gravy, Whole Wheat Breadstick Fresh Fruit or Fruit Cup, Milk	12/8 Hamburger w/Lettuce & Tomato Potato Wedges Fresh Fruit Juice or Canned Fruit, Milk	12/9 Chicken Parmesan w/Noodles & Marinara Sauce, Steamed Broccoli, Fresh Fruit Juice or Canned Fruit, Milk	12/10 Baked Chicken Macaroni & Cheese Fresh Fruit, Juice or Canned Fruit Milk	12/11 Cheese Pizza or Manager's Choice Entrée, Corn on the Cob Fruited Jello Fresh Fruit, Milk
12/14 Chicken & Rice Steamed Broccoli Fresh Fruit & Fruit Cup, Milk	12/15 Beefaroni Tossed Salad Fresh Fruit Juice or Canned Fruit, Milk	12/16 Breaded Chicken Sandwich w/Lettuce & Tomato Broccoli Medley w/Cheese Sauce Fresh Fruit Juice or Canned Fruit Milk	12/17 Turkey w/Dressing & Gravy Yams Collard Greens or Green Beans Cranberry Sauce Peach Crisp Milk	12/18 Fish Nuggets or Manager's Choice Entrée, Coleslaw Cornbread Fresh Fruit Juice or Canned Fruit, Milk

Winter Break:
December 21, 2009 – January 1, 2010
Have The Happiest Holiday Season!!



Whole Grain Cereals, Low Fat Yogurt, Whole Grain Muffins or Bagels will be Offered Daily for Breakfast.

Fresh Fruit or Vegetables and Assorted Juices will be Offered Daily for Breakfast & Lunch.

Low Fat Chef's Salad will be offered Daily as a Second Lunch Entrée.

A choice of 1% White or Chocolate Skim Milk is offered daily for Breakfast and Lunch.