



December 2008



Monday	Tuesday	Wednesday	Thursday	Friday
1 Fish stix Macaroni & cheese Mixed greens Mixed fruit No salad bar	2 Hamburger, cheeseburger, or veggie burger French fries Broccoli Fresh fruit Salad bar	3 Bar B Q chicken Rice Pilaf Mixed veggies Salad bar Fresh fruit	4 Tuna or turkey wraps Potato salad Chips Salad bar Fresh fruit	5 Pizza (cheese, pepperoni, mushroom, or cheese on whole wheat crust) Treat Salad bar Fresh fruit
8 French toast sticks Hash browns Turkey sausage Salad bar Apple sauce	9 Sloppy Joes Pasta salad Pickle Salad bar Fresh fruit	10 <u>Holiday House Tour</u> * All students need to pack a lunch * All students will eat in their classrooms * The microwaves will NOT be available	11 Chicken rice soup Turkey sandwich Crackers Salad bar Fresh fruit	12 Pizza (cheese, pepperoni, mushroom, or cheese on whole wheat crust) Treat Salad bar Fresh fruit
15 Chili Rice Green beans Salad bar Fresh fruit	16 Hot dogs French fries Baked beans Salad bar Fresh fruit	17 Pasta & marinara sauce Dinner roll Salad bar Fresh fruit	18 Grilled cheese sandwich Tomato soup Crackers Salad bar Fresh fruit	19 <i>Early Dismissal</i> <i>No lunch served today</i> <i>Winter Break</i> Students going to Extended Care should bring a lunch
22 <i>No School</i> <i>Winter Break</i> <i>Channukah</i>	23 <i>No School</i> <i>Winter Break</i>	24 <i>No School</i> <i>Winter Break</i>	25 <i>No School</i> <i>Winter Break</i> <i>Christmas</i>	26 <i>No School</i> <i>Winter Break</i> <i>Kwanzaa begins</i>
29 <i>No School</i> <i>Winter Break</i>	30 <i>No School</i> <i>Winter Break</i>	31 <i>No School</i> <i>Winter Break</i> <i>New Year's Eve</i>	* A great guide for healthy eating is proper portions of all food groups * All sweets and snacks should be eaten in moderation * Remember to exercise every day	
* Milk or juice is served with each meal. * Additional beverages are \$.50 each * Menu is subject to change			Choose one for entrée * Main entrée * Peanut butter & jelly, turkey, or cheese sandwich * Cereal	