

Red Clay Consolidated School District
GATEWAY LAB LUNCH MENU
DECEMBER 2019



PRICES (NON-CEP)*
 Elementary Breakfast: \$0.75
 Secondary Breakfast: \$0.90
 Elementary Lunch \$1.50
 Secondary Lunch \$1.75
 Milk \$0.50
 Adult Breakfast \$2.50
 Adult Lunch \$3.75
VISIT OUR WEBSITE!
WWW.REDCLAYCAFE.COM

Follow us @redclaycafe

** If your school is participating in CEP (Community Eligibility Provision), the first meal for daily breakfast and lunch is provided at no charge to all students. Menu is Subject to change without notice. USDA is an equal opportunity provider and employer.*

Monday, December 2

Choice of One:
 Cheese Pizza Dippers
 With Marinara Sauce
 Ham & Cheese Sandwich
 Assorted Salads

Fruit & Vegetable Sides:
 Roasted Parmesan Green Beans
 Mixed Berry Cup
 Fresh Assorted Fruit
 Chocolate Hummus

Tuesday, December 3

Choice of One:
 Nacho Supreme with Tostitos
 Queso, Salsa & Sour Cream
 Grilled Chicken Sandwich
 Assorted Salads

Fruit & Vegetable Sides:
 Steamed Corn
 Juicy Peaches
 Fresh Assorted Fruit
 Fresh Broccoli & Red Peppers

Wednesday, December 4

Choice of One:
 Mandarin Orange Chicken
 With Chow Mein Noodles
 Turkey Club Sandwich
 Assorted Salads

National Chocolate Chip Cookie
 Day! Bakeshop Cookie with
 Every Meal!

Fruit & Vegetable Sides:
 Malibu Blend Vegetables
 Pineapple & Mandarins
 Fresh Assorted Fruit
 Fresh Red & Yellow Peppers

Thursday, December 5

Choice of One:
 Chicken Chili
 With New! Corn Muffin Flat
 Italian Sub
 Assorted Salads

Fruit & Vegetable Sides:
 Roasted Potatoes & Carrots
 Tangy Apricot Cup
 Fresh Assorted Fruit
 Fresh Broccoli & Cherry Tomatoes

Friday, December 6

Choice of One:
 Vendor Pizza!
 Assorted Deli Sandwiches
 Assorted Salads

Fruit & Vegetable Sides:
 Jack Frost Roasted Vegetables
 Fresh Apple Slices
 Fresh Assorted Fruit
 Chocolate Hummus

Monday, December 9

Choice of One:
 Four Cheese Tortellini & Garlic
 Knot With Marinara Sauce
 Turkey Ham & Cheese Sandwich
 Assorted Salads

Fruit & Vegetable Sides:
 Oven Roasted Broccoli
 Fresh Grapes
 Fresh Assorted Fruit
 Chocolate Hummus

Tuesday, December 10

Choice of One:
 Breakfast Sausage and
 French Toast Sticks with Syrup
 BLT Sandwich
 Assorted Salads

Fruit & Vegetable Sides:
 Crispy Tater Tots
 Fresh Fruit Combo
 Fresh Assorted Fruit
 Fresh Red & Yellow Peppers

Wednesday, December 11

Choice of One:
 Popcorn Chicken
 With Parmesan Pasta
 Ham & Cheese Sandwich
 Assorted Salads

Fruit & Vegetable Sides:
 Creamy Chicken Corn Chowder
 Juicy Peaches
 Fresh Assorted Fruit
 Fresh Carrot Sticks

Thursday, December 12

Choice of One:
 New! Black Bean & Cheese
 Enchiladas with Bread Stick
 Italian Sub
 Assorted Salads

Fruit & Vegetable Sides:
 Steamed Mixed Vegetables
 Chilled Pears
 Fresh Assorted Fruit
 Fresh Cucumbers & Celery

Friday, December 13

Choice of One:
 Pizza with Whole-Grain Crust
 Assorted Deli Wraps
 Assorted Salads

Fruit & Vegetable Sides:
 Oven Roasted Vegetables
 Fresh Apple Slices
 Fresh Assorted Fruit
 Chocolate Hummus

Monday, December 16

Choice of One:
 Mozzarella Sticks
 With Marinara Sauce
 Ham & Cheese Sandwich
 Assorted Salads

Fruit & Vegetable Sides:
 Oven Roasted Broccoli
 Tangy Apricot Cup
 Fresh Assorted Fruit
 Tuscan Bean Salad

Tuesday, December 17

Choice of One:
 Breakfast Burrito with
 Scrambled Eggs, Chorizo & Queso
 Chicken Club on Ciabatta
 Assorted Salads

Fruit & Vegetable Sides:
 Hashed Potatoes
 Strawberry Cup
 Fresh Assorted Fruit
 Chipotle Black Bean Salad

Wednesday, December 18

Choice of One:
 Oven Roasted Chicken
 With Bakery Dinner Roll
 Turkey & Cheese Sandwich
 Assorted Salads

Holiday Sugar Cookie

Fruit & Vegetable Sides:
 Creamy Mashed Potatoes
 Peach Cobbler
 With Whole-Grain Topping
 Fresh Assorted Fruit
 Fresh Cucumbers & Celery Sticks

Thursday, December 19

Choice of One:
 Cheeseburger on Bun
 Italian Sub
 Assorted Salads

Fruit & Vegetable Sides:
 Bean & Bacon Soup
 Chilled Pears
 Fresh Assorted Fruit
 Fresh Carrot Sticks

Friday, December 20

Choice of One:
 Vendor Pizza!
 Assorted Deli Sandwiches
 Assorted Salads

Fruit & Vegetable Sides:
 Steamed Carrots & Broccoli
 Fresh Apple Slices
 Fresh Assorted Fruit
 Fresh Cherry Tomatoes &
 Cucumbers

Available Daily

Dairy Lunchable
 Fruit & Yogurt Parfait
 Fruit & Yogurt Smoothies
 Pizza Lunchable
 (Tuesday & Thursday)
 Fat-Fat White, Chocolate &
 Strawberry Milk and Low-Free
 White Milk

**FRESH FRUIT & VEGETABLES ADD A BURST
 OF COLOR, VITAMINS AND MINERALS TO
 YOUR MEAL!**

NUTRITION TO GO

The widespread use of chocolate in everything from drinks to candies to other confections makes it one of our most versatile and popular flavorings. Over the years, chocolate has been both praised and criticized regarding its healthfulness. Just remember: chocolate, like most treats, is a food best enjoyed in moderation.

A QUICK BITE FOR PARENTS