


DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Cheeseburger Meatloaf Potatoes & Dinner Roll or Cheesy Breadsticks* & Marinara Sauce	5 Chicken Drumstick & Potato Wedges or Cheese Quesadilla* Cinnamon Grahams	6 Orange Chicken & Rice or Nacho Cheese & Chips* Fortune Cookie	7 Garlex Pizza Pepperoni  Cheese, Hawaiian or Vegetarian*	8 Mini Twin Burgers (beef)  or Nacho Bites* TGIFridays Crunchy Fries
11 Teriyaki Chicken & Rice or Cheesy French Bread*	12 Chicken Corn Dog & Tater Tots or Cheese Lasagna Marinara*	13 Turkey & Gravy Mashed Potatoes or Zesty Chili* Dinner Roll	14 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	15 Cheeseburger  (beef) or Bean & Cheese Chalupa* Hot Cocoa Frozen Yogurt
18 Chicken Tenders or Baja Fish Sticks Chocolate Chip Cookie	19 Mini Chicken Tacos or Baked Potato Bar* Doritos	20 Hot Dog (turkey) or Macaroni & Cheese*	21 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	22 Cheese Omelet Crispy Potatoes* or Crispy Chicken Sandwich

23 24 25 26 27



Winter Recess



SALAD BAR

<u>Fruit</u>	<u>Fruit</u>	<u>Fruit</u>	<u>Fruit</u>	<u>Fruit</u>
Seasonal Fruit 1/2 cup	Apple Slices 1/2 cup	Orange Smiles 1/2 cup	Fruit Cups 1/2 cup	100% Fruit Juice 4oz
<u>Veggies</u>	<u>Veggies</u>	<u>Veggies</u>	<u>Veggies</u>	<u>Veggies</u>
Crisp Romaine 1/2 cup Mini Carrots 1/4 cup Sweet Corn 1/4 cup	Garden Salad 1/2 cup Celery Sticks 1/4 cup Kidney or Garbanzo 1/4 cup	Crisp Romaine 1/2 cup Mini Carrots 1/4 cup Cucumber Slices 1/4 cup	Garden Salad 1/2 cup Celery Sticks 1/4 cup Kidney or Garbanzo 1/4 cup	Crisp Romaine 1/2 cup Mini Carrots 1/4 cup Green Peas 1/4 cup
<u>Milk</u>	<u>Milk</u>	<u>Milk</u>	<u>Milk</u>	<u>Milk</u>
1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate	1% or Non-fat White Non-fat Chocolate

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cinnamon Roll* Applesauce or Raisins 100% fruit juice 4oz	Egg & Cheese Pita* Applesauce or Raisins 100% fruit juice 4oz	Crumb Square* Applesauce or Raisins 100% fruit juice 4oz	Chicken & Waffles Applesauce or Raisins 100% fruit juice 4oz	Dutch Waffle* Applesauce or Raisins 100% fruit juice 4oz

Also Available Daily at Breakfast:

-Cold Cereal, fruit, and milk

Also Available Daily at Lunch:

- Grilled Cheese Sandwich
- WowButter & Jelly Sandwich
- Yogurt & Granola
- Veggie Lunchable or Cheese and Fruit Cup



* = Vegetarian Options

****Celebrate December Birthdays on the 15th with a fun treat!****

BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% fruit juice, and milk

LUNCH \$3.75: Includes whole grain-rich entree, salad bar, fruit, and milk
 A second milk may be purchased for \$0.50 or soy milk for \$1.00
 Bottled water may be purchased for \$0.50
 Lactose-Free milk available upon request

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

All meals meet USDA guidelines. Please keep student meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer. For more info please call us at 925-426-4417.