






December 2018 - Supper Menu

Ontario-Montclair School District - Food & Nutrition Services

Middle School



Monday	Tuesday	Wednesday	Thursday	Friday					
									
<p>3</p> <p>**Chicken Nuggets Carrot-Celery Combo Frozen Strawberry Cup</p>	<p>4</p> <p>**Mini Chicken Tacos Caesar Salad Flavored Raisels</p>	<p>5</p> <p>Beef Teriyaki Dunkers **w/Brown Rice Zucchini Sticks w/Ranch Diced Apricots</p> 	<p>6</p> <p>**Whole Grain Soft Pretzel Nacho Cheese Roasted Chickpeas Celery Sticks Berry Juice Cookie</p>	<p>7</p> <p>**Turkey Taco Nada Carrot-Broccoli Mix Grape Escapes</p>					
<p>10</p> <p>**Deep Dish Pepperoni Pizza* Baby Carrots Applesauce Cup</p>	<p>11</p> <p>**Mini Cheeseburgers Cool Corn Diced Pears</p> 	<p>12</p> <p>Roasted Chicken **w/Flour Tortilla Seasoned Pinto Beans Pineapple Pal</p>	<p>13</p> <p>ANYTIMERS **Turkey & Cheese w/Mini Crackers Zucchini Sticks w/Ranch Frozen Peach Cup Cookie</p>	<p>14</p> <p>Ants on a Log Day Peanut Butter Cup **w/Crackers String Cheese Celery Sticks Raisins</p>					
<p>17</p> <p>**Bean & Cheese Burrito Cool Corn Watermelon Craisins</p> 	<p>18</p> <p>**Beef Pretzel Dog Cooked Green Beans Berry Juice</p>	<p>19</p> <p>**PB & Grape Jelly Sandwich Cucumber Coins Fresh Banana</p> 	<p>20</p> <p>Fiesta Chili Lime Dippers **w/Crackers String Cheese Carrot-Celery Combo Diced Peaches</p>						
<p>Daily choice of milk: 1% White OR Non-Fat Chocolate OR Non-Fat Strawberry</p>	 <h1 style="font-size: 2em; color: #00AEEF;">Winter Break</h1> 			<p>Remember to take 3 out of the 5 food components. One of the components must be a 1/2 cup fruit or vegetable.</p> <table style="margin-left: auto; margin-right: auto;"> <tr style="background-color: #008000; color: white;"><td style="padding: 2px;">Dark Green</td></tr> <tr style="background-color: #FFD700; color: black;"><td style="padding: 2px;">Starchy</td></tr> <tr style="background-color: #00BFFF; color: black;"><td style="padding: 2px;">Other</td></tr> <tr style="background-color: #FF0000; color: white;"><td style="padding: 2px;">Red/Orange</td></tr> <tr style="background-color: #800080; color: white;"><td style="padding: 2px;">Legumes</td></tr> </table>	Dark Green	Starchy	Other	Red/Orange	Legumes
Dark Green									
Starchy									
Other									
Red/Orange									
Legumes									

* Item contains pork

" Ontario-Montclair School District is an equal opportunity provider and employer"

**Item is whole grain-rich