

LUNCH MENU

DECEMBER 2017

(vegetarian)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>~ If your child needs a substitution <u>due to a food allergy or religious preference</u> please highlight or circle the replacement item and return to your child's teacher or the office with your signature</p> <p>~ All students are offered milk for breakfast and lunch</p> <p>~ All students are offered water at each meal</p> <p>~ All Lunch meals include fresh vegetables and fresh fruit</p>				<p>1 Blueberry muffins & bananas</p> <p>Shredded Pork (Cheese) Tortilla</p> <p>Pineapples</p> <p>Coleslaw</p> <p>Crackers & mandarin oranges</p>
<p>4 Pancakes & applesauce</p> <p>Black bean& rice bowl</p> <p>Mangos</p> <p>Green beans</p> <p>Vanilla wafers w/ applesauce</p>	<p>5 Waffles & pears</p> <p>Cheese burger (veggie burger)</p> <p>Oranges</p> <p>Mixed vegetables</p> <p>Fruit bar</p>	<p>6 English muffin & strawberries</p> <p>Chicken Noodle (Tomato) Soup</p> <p>Cornbread</p> <p>Sweet Potatoes</p> <p>Cantaloupe</p> <p>Muffin & bananas</p>	<p>7 Biscuit & blueberries</p> <p>Chicken & Dumplings (Mediterranean Vegetarian Soup) w/ Roll</p> <p>Broccoli</p> <p>Pineapples</p> <p>Oyster crackers & peaches</p>	<p>8 Chex & bananas</p> <p>Tuna Noodle Casserole</p> <p>Green Beans</p> <p>Peaches</p> <p>Pita & hummus</p>
<p>11 O' Cereal & mixed fruit</p> <p>Cheese ravioli w/ pesto</p> <p>Green beans</p> <p>Honeydew</p> <p>Bagel w/ cream cheese & peaches</p>	<p>12 Pancakes & mixed fruit</p> <p>Cheese pizza</p> <p>Oranges</p> <p>Broccoli</p> <p>Crackers & mandarin oranges</p>	<p>13 Bagel w/ sun butter & peaches</p> <p>Pulled pork (veggie burger)</p> <p>Pears</p> <p>Sweet potatoes</p> <p>Cereal mix & apricots</p>	<p>14 French toast stick & applesauce</p> <p>Cheese Burger (Veggie burger)</p> <p>Mixed fruit</p> <p>Peas</p> <p>Oyster cracker & pears</p>	<p>15 Rice Krispies & pears</p> <p>Turkey & Cheese (Cheese) Sandwich</p> <p>Apricots</p> <p>Carrots</p> <p>Fruit bar & oranges</p>
<p>18 Rice Krispies, yogurt & strawberries</p> <p>Cheese pizza</p> <p>Applesauce</p> <p>Salad</p> <p>Muffin & peaches</p>	<p>19 Pancakes & cantaloupe</p> <p>Meatball (veggie meatball) sandwich</p> <p>Pineapples</p> <p>Peas</p> <p>Cottage cheese & apricots</p>	<p>20 Bagel w/ cream cheese & Mixed fruit</p> <p>Mac n' Cheese w/ Ham (Tofu)</p> <p>Strawberries</p> <p>Carrots</p> <p>Pita w/ pears</p>	<p>21 English muffin w/ sun butter & bananas</p> <p>Teriyaki Chicken (Veggie Burger) w/ brown rice</p> <p>Mandarin oranges</p> <p>Mixed Vegetables</p> <p>Sun butter & jelly sandwich w/ apple juice</p>	<p>22 Oatmeal w/ blackberries</p> <p>Salmon burger</p> <p>Strawberries</p> <p>Mixed fruit</p> <p>Sweet potatoes</p> <p>Cereal & strawberry yogurt</p>
<p>25</p> <p>OKA CLOSED</p> <p>HAPPY HOLIDAYS!</p>	<p>26 O's cereal & mixed fruit</p> <p>Spaghetti in meat (meatless beef) sauce</p> <p>Peaches</p> <p>Green beans</p> <p>Wheat wafers w/ applesauce</p>	<p>27 Cinnamon toast & peaches</p> <p>Orange chicken (Veggie meatballs) w/ pasta</p> <p>Pineapples</p> <p>Broccoli</p> <p>Corn muffin w/ mandarin oranges</p>	<p>28 Oatmeal & Blueberries</p> <p>Hot Turkey Sandwich (veggie burger)</p> <p>Strawberries</p> <p>Mixed Vegetables</p> <p>Fruit bar w/ cottage cheese</p>	<p>29 Blueberry muffin & bananas</p> <p>Salisbury steak (veggie patty) w/ roll</p> <p>Mandarin oranges</p> <p>Sweet potatoes</p> <p>Soft pretzel & mixed fruit</p>