



December 2018 High School Breakfast

Dec3	Dec4	Dec5	Dec6	Dec7
Biscuits & Gravy	Cold Cereal	Mini Waffle	Hard Boiled Egg	Pancake on a Stick
Diced Pears	Whole Wheat Toast	Sausage Patty	Choice of Muffin	Banana
Juice	w/Jelly	Breakfast Fresh Fruit Mix	Fruit Cocktail	Juice
Milk	Pineapple Chunks	Juice	Juice	Milk
	Juice	Milk	Milk	
	Milk			
Dec10	Dec11	Dec12	Dec13	Dec14
Cold Cereal	Scrambled Eggs	Pancakes w/Syrup	Choice of Muffin	Cheese Omelet
Whole Wheat Toast	Sausage Patty	Sausage Patty	Yogurt	Flour Tortilla
w/Jelly	Whole Wheat Toast	Strawberries	Honeydew Chunks	Banana
Applesauce	w/Jelly	Juice	Juice	Juice
Juice	Juice	Milk	Milk	Milk
Milk	Milk			Salsa
Dec17	Dec18	Dec19	Dec20	Dec21
Ultimate	Biscuits & Gravy	Oatmeal	Cold Cereal	Mini Cinnis
Breakfast Round	Orange Wedges	Whole Wheat Toast	Whole Wheat Toast	String Cheese
Yogurt	Juice	w/Jelly	w/Jelly	Banana
Breakfast Fresh Fruit Mix	Milk	Applesauce	Peaches	Juice
Juice		Juice	Juice	Milk
Milk		Milk	Milk	
Dec24	Dec25	Dec26	Dec27	Dec28
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY
Dec31	Dairy			Lanny
Winter Break	Construction (Construction)			Happy
NO SCHOOL TODAY				Holidays
	Choose My Plate.gov			1 - 2 - 3 - 3 - 3 - 3 - 3 - 3 - 3 - 3 - 3











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Dec3	Dec4	Dec5	Dec6	Dec7		
Philly Cheese	Crunchy Tacos	Alfredo Pasta	Crispy Chicken Filet	Grilled Ham &		
Steak Sandwich	Spanish Rice	Tossed Salad	Mashed Potatoes w/Gravy	Cheese Sandwich		
Tater Tots	Refried Beans	Italian Vegetables	Mixed Vegetables	Chicken Vegetable Soup		
Coleslaw	Chopped Lettuce & Tomato	Breadstick	Wheat Roll	Cucumber Slices		
Applesauce	Diced Pears	Fresh Apple	Sidekick Smoothie	Peaches		
Watermelon Wedges	Grape Cluster	Mandarin Oranges	Pineapple Chunks	Fresh Pear		
Fresh Veggies	Fresh Veggies	Fresh Veggies	Fresh Veggies	Pudding		
Milk	Milk	Milk	Milk	Fresh Veggies		
Chicken Sandwich	Burger or Deli Sandwich	Chicken Sandwich	Burger or Deli Sandwich	Milk		
Pizza	Fries	Pizza	Fries	Chicken Sandwich		
Chef Salad	Chicken & Fruit Salad	Fries	Crispy Chicken Salad	Pizza / Fries		
		Fruit & Yogurt Salad		Garden Salad		
Dec10	Dec11	Dec12	Dec13	Dec14		
Popcorn Chicken	Taquitos	Corndog	Lasagna	Chicken Fajita		
Green Beans	Refried Beans	Tater Tots	Tossed Salad	Seasoned Pinto Beans		
Mashed Potatoes w/Gravy	Chopped Lettuce & Tomato	Baked Beans	Peas	Chopped Lettuce & Tomato		
Wheat Roll	Strawberries	Applesauce	Breadstick	Pineapple Chunks		
Diced Pears	Mandarin Oranges	Cantaloupe Chunks	Fruit Cocktail	Honeydew Chunks		
Grape Cluster	Jello w/Topping	Fresh Veggies	Orange Wedges	Fresh Veggies		
Fresh Veggies	Fresh Veggies	Milk	Fresh Veggies	Milk		
Milk	Milk	Chicken Sandwich	Milk	Pizza		
Chicken Sandwich	Burger or Deli Sandwich	Pizza	Burger or Deli Sandwich	Chicken Sandwich		
Pizza / Fries	Fries	Garden Salad	Fries	Fries		
Chef Salad	Chicken & Fruit Salad		Crispy Chicken Salad	Garden Salad		
·			17			
Dec17	Dec18	Dec19	Dec20	Dec21		
Bean & Cheese Burrito	Roast Turkey	Pork Riblet Sandwich	Frito Pie	Teriyaki		
Chopped Lettuce & Tomato	Mashed Potatoes w/Gravy	Tater Tots	Cornbread	Oriental Blend Veggies		
Spicy Corn Salad	Green Beans	Cucumber Slices	Chopped Lettuce & Tomato	Brown Rice		
Fruit Cocktail	Peaches	Diced Pears	Whole Kernel Corn	Mandarin Oranges		
Sidekick Smoothie	Fresh Apple	Grape Cluster	Peaches	Strawberries		
Fresh Veggies	Wheat Roll	Rice Krispy Treat	Watermelon Wedges	Fortune Cookie		
Milk	Gingerbread Cookie	Fresh Veggies	Fresh Veggies	Fresh Veggies		
Chicken Sandwich	Milk	Milk	Milk	Milk		
Pizza		Chicken Sandwich	Burger or Deli Sandwich	Chicken Sandwich		
Fries		Pizza	Fries	Pizza / Fries		
Chef Salad		Fruit & Yogurt Salad	Chicken & Fruit Salad	Garden Salad		
Dec24	Dec25	Dec26	Dec27	Dec28		
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break		
NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY		
Dec31	Dec26	Dec27	Dec28	Dec29		
Winter Break NO SCHOOL TODAY	Choose My Plate.gov	Happy? Holidays		Set your goals high, and don't stop till you get there.		
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