



DECEMBER | 2017

Chattanooga Girls Leadership Academy Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tuna Salad on Whole Grain Bread Baby Carrots Green Peas Baked Potato Chips Choice of up to 2 Fruits* Choice of up to 1 Milk
4 Whole Grain Grilled Cheese Sandwich House Salad Bar featuring Choice of up to 2 Fruits* Choice of up to 1 Milk	5 Grilled Chicken Sandwich Carrot and Celery Sticks Seasoned Baked Potato Choice up to 2 fruits* Choice up to 1 milk	6 Taco Salad Bar With Marinated Black Bean Salad Choice of up to 2 Fruits* Choice of up to 1 Milk	7 Build Your Own Hamburger on Whole Grain Bun House Salad Bar Baked Beans Choice of up to 2 Fruits Choice of up to 1 Milk	8 Whole Grain Panini Melt with Turkey and Cheese Steamed Broccoli and Carrots Choice up to 2 Fruits Choice up to 1 Milk
11 Tuna Salad on Whole Grain Bread Baby Carrots and Celery Sticks Baked Potato Chips Choice of up to 2 Fruits* Choice of up to 1 Milk	12 Whole Grain Soy Butter and Jam Sandwich Whole Grain Goldfish Graham Seasoned Baked Potatoes Choice of up to 2 Fruits* Choice of up to 1 Milk	13 BBQ Pork Sandwich Whole Grain Bun House Salad Bar featuring Baked Beans Choice up to 2 fruits* Choice up to 1 milk	14 Whole Grain Personal Pizza House Salad Celery and Baby Carrots Choice of up to 2 Fruits* Choice of up to 1 Milk	15 Whole Grain Chicken Quesadilla House Salad Bar Choice of up to 2 Fruits* Choice of up to 1 Milk
18 Whole Grain Pizza Sticks Marinara Sauce Broccoli Salad Marinated Black Bean Salad Choice of up to 2 Fruits* Choice of up to 1 Milk	19 Thanksgiving Turkey with Gravy Mashed Sweet Potatoes Whole Grain Roll Side Salad Cinnamon Apple Sauce Choice of up to 1 Milk	20 Winter Break	21 Winter Break	22 Winter Break
25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break	29 Winter Break

News

Lunch Includes

- **Choice of 1 Entrée (includes meat/meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of Low-Fat, Fat-Free, or Lactose-Free Milk**

***A lunch must include ½ cup of fruit or vegetable and 2 full other components**

***Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

>Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers

>Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker