



DECEMBER | 2018

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stir Fry WGR Brown Rice Pears Asian Vegetable Blend Salad Bar Choice of Milk	4 Choice of Chicken or Cheese Quesadilla on WGR Tortilla WGR Tortilla Chips Pineapple Chunks Salsa Salad Bar Choice of Milk	5 Hamburger on WGR Bun w/ trimmings Applesauce Baked Potato Wedges Salad Bar Choice of Milk	6 Pepperoni and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	7 100% Beef Hot Dog on WGR Bun Pretzels Apple and Orange Slices Cucumber Sticks Salad Bar Choice of Milk
10 Spaghetti w/ WGR Pasta and Ground Beef WGR Garlic Bread Banana Apple Slices Salad Bar Choice of Milk	11 Shredded BBQ Chicken on WGR Bun Fruit Cocktail Baked Sweet Potato Fries Salad Bar Choice of Milk	12 Grilled Chicken Caesar Wrap on 10" WGR Tortilla Fresh Cantaloupe & Honeydew Chunks Green Peas Salad Bar Choice of Milk	13 Chili with Ground Turkey WGR Oyster Crackers WGR Dinner Roll Mixed Fruit Salad Bar Choice of Milk	14 WGR Chicken Biscuit Fresh Kiwi Seasoned Black Beans Salad Bar Choice of Milk
17 Meatball Sub w/ Marinara Sauce Steamed Cauliflower Celery Sticks Fresh Orange Choice of Milk	18 Chicken Fajita w/ 8" WGR Tortilla WGR Tortilla Chips Pineapple Chunks Mexican Style Corn Salsa Cup Salad Bar Choice of Milk	19 Pepperoni and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	20 Baked and Breaded Chicken Tenders WGR Dinner Roll Baked Cinnamon Apples Baked Beans Salad Bar Choice of Milk	21 School Closed
24 Christmas Eve School Closed	25 Christmas School Closed	26 School Closed	27 School Closed	28 School Closed
31 New Year's Eve School Closed				

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