


School Lunch Menu
1ST TO 12TH GRADE
DECEMBER 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
DECEMBER 03 NO SCHOOL  HAPPY HANNUKAH	DECEMBER 4 Cheese Pizza Or Tuna Sub Tomato and Cucumber salad Orange Wedges Split peas soup Potato soup	DECEMBER 5 Grilled Chicken Breast and yellow/brown Rice Turkey or salami Sub Cauliflower Pineapple Chunks Minestrone soup Red beans soup	DECEMBER 6 Baked Ziti OR Tuna Sub Garlic Bread Green Beans Pineapple chunks White Bean soup Mushroom soup	DECEMBER 7 Cheese Lasagna OR Tuna Sub Baked Tater Tots Mixed Veggies Pear Slices Carrot Soup Lentil soup
DECEMBER 10 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	DECEMBER 11 Cheese Pizza Or Tuna Sub Tomato and Cucumber salad Orange Wedges Split peas soup Potato soup	DECEMBER 12 Penne pasta w/ meat sauce or Turkey or salami sub Garlic bread Steam broccolini Fruit Minestrone soup Red beans soup	DECEMBER 13 Mac and Cheese OR Tuna Sub Caesar Salad Orange Wedges White Bean soup Mushroom soup	DECEMBER 14 Whole Wheat Pizza Bagel or Tuna sub Sweet Potato Fries Broccolini Apple Slices Carrot Soup Lentil soup
DECEMBER 17 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	Noon Dismissal	DECEMBER 19 Chicken Lo mein Turkey or Salami Sub Couscous Turkey or salami sub Pineapple Chunks Minestrone soup Red beans soup	DECEMBER 20 Spiral Pasta Alfredo Tuna Sub Caesar Salad Peas & Carrots Peach slices White Bean soup Mushroom soup	DECEMBER 21 Breakfast day Scrambled Egg French toasted Bagel and Cream cheese Fresh Fruit Carrot Soup Lentil soup
DECEMBER 24 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup	NO SCHOOL	DECEMBER 26 Chicken tender or Turkey or salami sub French fries Corn on the cob Pineapple Chunks Minestrone soup Red beans soup	DECEMBER 27 Mac and Cheese OR Tuna Sub Caesar Salad Orange Wedges White Bean soup Mushroom soup	DECEMBER 28 Cheese Ravioli OR Tuna Sub Steamed Broccolini Ceasar salad Pear Slices Carrot Soup Lentil soup
DECEMBER 31 Barbecue day: Grilled Chicken Hamburger Sweet potatoes fries Fruit Lentil soup Chicken soup				

Note: All pasta and couscous will be whole grain and protein enriched.

Salad bar: Romaine lettuce, spinach, edamame, couscous, quinoa, pasta salad, chick peas, carrots, green peppers, tomatoes, cucumber, onions, black olives, sweet corn, pickles, tuna, egg hard boiled. Spa water everyday.