



December 2018 K-8 LunchSmart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Salad Special: Chicken Caesar Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Fresh Pears	December 3 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Peaches	December 4 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Mixed Fruit	December 5 Beef Sloppy Joe on a Bun* Baby Carrots Pineapple	December 6 Handcrafted Mac & Cheese* with Honey Wheat Dinner Roll* Green Peas Applesauce	December 7 Boneless Chicken Wings with BBQ Dipping Sauce Broccoli Florets Pears
Weekly Salad Special: Crispy Chicken Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Grapes	December 10 Greek-Style Chicken Brown Rice* Green Beans Snickerdoodle Cookie* Peaches	December 11 BBQ Rib Sandwich on a Bun*[^] Corn Mixed Fruit	December 12 Grilled Chicken Sandwich* with Lettuce & Tomato Refried Beans Pineapple	December 13 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce	December 14 Chicken with Cranberry Orange Sauce & Honey Wheat Dinner Roll* Roasted Sweet Potatoes Green Peas Snickerdoodle Cookie* Pears
Weekly Salad Special: Chef Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Bananas	December 17 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	December 18 Beef Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	December 19 Chicken Corn Dog* Corn on the Cob Kettle-Baked Beans Pineapple	December 20 Turkey Ham & Cheese Panini* or Corned Beef & Cheese Sandwich Oven-Baked Spiral-Cut French Fries Applesauce	December 21 Lasagna Roll-Up* & Garlic Bread* Capri Blend Veggies Pears



Available Each Day: Salad, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Additional Fresh Entrées Offered Daily

- Monday** – All-American Cheeseburger on a Bun*
- Tuesday** – Chicken Nuggets* with Twisted Breadstick* & BBQ Dipping Sauce
- Wednesday** – Super Nachos* & Salsa*
- Thursday** – Breaded Chicken Sandwich*
- Friday** – Pizza* (pepperoni French bread, cheese personal pan, and Big Daddy’s cheesy pizza rotate each week)

**=Item contains whole grains / ^=Item contains pork / L=Locally sourced
 Milk served with lunch contains no artificial growth hormones or antibiotics
 Menu is subject to change based on availability and quality of food items*

Color Me Red

Last month, we introduced the five fruit and vegetable color groups. The color for December is **red**. Red fruits and vegetables are packed with disease-fighting lycopene. Lycopene helps to reduce the risk of certain cancers and heart disease. Red produce includes tomatoes, strawberries, red apples, radishes, and beets. Be creative in figuring out ways to add this valuable color group to your meals and snacks.

