



December 2009 ELEMENTARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Rock On Alternative Choice: 12/1-12/4: Asian Chicken Salad 12/7-12/11: Fruit and Yogurt Munchable 12/14-12/18: Southwest Chicken Salad 12/21-12/23: Chef Salad</p>	1 <p>Tomato Soup Toasted Cheese Sandwich Carrots Fresh Kiwi Milk</p>	2 <p>Breakfast at Lunch French Toast Sausage Hash Brown Chilled Applesauce Milk</p>	3 <p>Chicken Spiedie Sub* Oven Potatoes Steamed Broccoli* Chilled Peaches Milk</p>	4 <p>CF Pizza Pasta Salad Tossed Salad Assorted Fruit Milk</p>
7 <p>Hamburger on a Roll Oven French Fries Green Peas Chilled Pineapples Milk</p>	8 <p>Taco on Shell with Assorted Toppings Seasoned Rice Corn Orange Wedges Milk</p>	9 <p>Chicken Nuggets Choice of sauce Oven Potatoes Carrots Assorted Fruit Milk</p>	10 <p>Pasta** with Meat or Meatless Sauce Green Beans Garlic Bread Chilled Mixed Fruit Milk</p>	11 <p>Stuff Crust Pizza Pasta Salad Garden Salad Assorted Fruit Milk</p>
14 <p>Hot Dog in a Roll Mac 'n' Cheese Baked Beans Corn Chilled Pears Milk</p>	15 <p>Chicken Tenders with Dipping Sauce Pasta Green Beans Dinner Roll Apple Milk</p>	16 <p>Breakfast at Lunch French Toast Sticks Eggs Hash Brown Banana Milk</p>	17 <p>Holiday Feast Roast Turkey Gravy & Dressing Cranberry Sauce Peas Sweet Potatoes Roll, Milk Holiday Treat</p>	18 <p>CF Pizza*** Pasta Salad Tossed Salad Assorted Fruit Milk</p>
21 <p>Chicken Patty on a Roll Broccoli & Cauliflower Potato Puffs Assorted fruit Milk</p>	22 <p>Taco on Shell with Assorted Toppings Seasoned Rice Corn Orange Wedges Milk</p>	23 <p>CF Pizza Pasta Salad Green Garden Salad Assorted Chilled Fruit Milk</p>	24 <p>Winter Break No School</p>	25 <p>Winter Break No School</p>
28 <p>No School</p> <p>*Fuel up with a Chicken Spiedie Sub and Broccoli. The chicken provides protein to build and repair your body! Broccoli is full of many nutrients such as Vitamins A, C, and K that are good for your body! Broccoli even contains Calcium that helps build strong bones and teeth!</p>	29 <p>No School</p> <p>**Fuel up with Pasta, which contains carbohydrates that provide energy over a longer period of time! ***Fuel up with Pizza that provides carbohydrates for energy and cheese rich in Calcium to build strong bones and teeth!</p>	<p>Seasonal Fresh Fruit & Veggies Available Daily</p> <p>Salad Bar and Deli Bar available as a lunch every day</p>		