

Secondary December 2018

Daily Breakfast Options:

- ◇ Whole Grain Cereal
- ◇ Whole Wheat Toast
- ◇ Muffins & Bagels
- ◇ Hot Savory Sandwiches
- ◇ Rotating Favorites
- ◇ All served w/ fruit & milk

Daily Lunch Entrées:

Grill *Served on a whole-wheat bun

- ◇ Cheeseburger
- ◇ Hamburger
- ◇ Fish Burger
- ◇ Chicken Burger
- ◇ Veggie Burger

Pizza

- ◇ Cheese
- ◇ Chicken-Pepperoni
- ◇ Specialty Varieties

Other

- ◇ Peanut Butter or Sunbutter & Jelly w/ Cheese Stick
- ◇ Bean & Cheese Burrito

Lunch On-The-Go

Sandwiches:

- ◇ M- Italian Combo
- ◇ T- Roast Turkey & Swiss
- ◇ W- Turkey-Ham & Cheddar
- ◇ TH- Turkey-Pastrami & American
- ◇ F- Turkey & American

Salads:

- ◇ M- Yogurt & Muffin
- ◇ T- Rotating Specialty OR Veg Salad
- ◇ W- Chicken Caesar OR Veg Salad
- ◇ TH- Rotating Specialty OR Veg Salad
- ◇ F- Chicken Caesar OR Veg Salad

	Monday	Tuesday	Wednesday	Thursday	Friday
3	Sweet & Sour Meatballs w/ Brown Rice	4 Alaskan Breaded Fish & Chips w/ Garlic Toast	5 <i>Penne Chicken Alfredo</i>	6 <i>Salisbury Steak w/ Mashed Potatoes, Gravy, & WW Roll</i>	7 Chicken Corndog
10	Buffalo Chicken Wings w/ Roasted Potatoes & Garlic Toast	11 Pancakes, Egg Omelet, & Hash Brown Potatoes	12 Egg Rolls w/ Brown Rice & Edamame	13 <i>Beef/Cheese Nachos</i>	14 Chicken Tenders w/ WW Roll
17	Beef Teriyaki Dippers w/ Brown Rice	18 Chicken & Waffles	19 <i>Turkey Gravy w/ Mashed Potatoes, WW Roll & Cranberry Sauce,</i> Harvest Bar	20 Tomato Soup w/ Grilled Cheese	21 Chef's Choice

Lunch Breakfast

Elementary	3.00	2.00
Secondary	3.25	2.25
Reduced	No Charge	
Adult	4.75	3.25

Menus are subject to change
This is an equal opportunity provider and employer

= **Scratch Made**
 = **Vegetarian**

All lunch entrees include a trip through the fresh fruit & vegetable bar, plus your choice of 1%, non-fat, or non-fat chocolate rBST hormone-free milk.

Families can apply for free or reduced price meals online at:
www.paypams.com/onlineapp