

Whiteford Elementary December 2016 Lunch Menu

Food Service Director: Megan Menchaca, MS, RD, CD
mmenchaca@thenutritiongroup.biz



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>What Makes a Meal? You must choose at least 3 of 5 components available for the school lunch price. Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk <i>*Students must choose at least one fruit or vegetable</i></p>				1 *National Cocoa Day French Toast Sticks w/ Syrup Sweet Potato Waffle Fries Mixed Fruit Choice of Milk *Hot Cocoa Treat	2 Homemade Cheese Pizza Fresh Broccoli Mandarin Oranges Choice of Milk
	5 Bosco Sticks w/ Dipping Sauce Buttered Sweet Corn Cinnamon Applesauce Choice of Milk	6 Walking Taco Refried Beans Mexican Rice Pineapple Tidbits Choice of Milk	7 HOLIDAY MEAL Baked Ham AuGratin w/ Corn Bread Cheesy Potatoes Green Beans Choice of Milk <i>*Holiday Dessert</i>	8 Carnival Corn Dog Potato Wedges Fresh Orange Slices Choice of Milk	9 Homemade Pepperoni Pizza Carrot Sticks Prickly Pears Choice of Milk
 <p>Fresh Fruits and Vegetables Offered Daily Offered Daily</p> <p><i>*Vegetables may include:</i> Broccoli Florets Carrots Leafy Green Salads Legume Salads Celery & Cucumber <i>*May choose two 1/2 cup servings cup servings</i></p> <p><i>*Fruits may include:</i> Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce <i>*May choose 1/2 cup serving</i></p> <p>Fresh Produce from Local Farms based on crop availability</p>	12 Cheesy Tater Tot Casserole w/ Breadstick Honey Glazed Carrots Pineapple Tidbits Choice of Milk	13 Chef Boyardee Ravioli w/ Breadstick Green Beans Diced Peaches Choice of Milk	14 Wellness Wednesday Grilled Cheese Pocket Mixed Veggies Fresh Apple Choice of Milk	15 Spaghetti w/ Meatballs & Garlic Bread Steamed Broccoli Mandarin Oranges Choice of Milk	16 Homemade Cheese Pizza Fresh Celery Sticks Mandarin Oranges Choice of Milk
	19 Chicken Sticks w/ Roll Steamed Broccoli Prickly Pears Choice of Milk	20 Chicken Nachos w/ Cheese Refried Beans w/ Cheese Fresh Apple Choice of Milk	21 HALF DAY NO LUNCH Join us for Breakfast	22 Winter Break NO SCHOOL Dec 22- Jan 2	23 Winter Break NO SCHOOL See you Jan. 3, 2017!!!
 <p>Milk Choices Offered Daily Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White</p> <p>Lunch Prices: Paid \$2.50 Reduced \$.40 Milk \$.50</p>	Monday Second Entrée Option: Mini Corn Dogs Cupcake \$1	Tuesday Second Entrée Option: Hamburger/Cheeseburger Chips \$.75	Wednesday Second Entrée Option: Chicken Nuggets w/ Roll Fruit Snack \$.50	Thursday Second Entrée Option: Chicken Patty on Bun Chips \$.75	Friday Second Entrée Option: Turkey & Cheese Wrap Rice Krispie \$1