

DECEMBER HIGH SCHOOL MENU

MONDAY 12/3	TUESDAY 12/4	WEDNESDAY 12/5	THURSDAY 12/6	FRIDAY 12/7
<p>Cheese Ravioli with Marinara and Garlic Bread</p> <p align="center">Italian Cold Cut Panini</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Green Beans, Oven Roasted Potatoes Fresh Hand Fruit and Fresh Watermelon 1% Milk or FF Chocolate Milk</p>	<p>Oven Fried Chicken and Whole Grain Waffles</p> <p align="center">Corned Beef Reuben</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Seasoned Peas and Carrots, Sweet Potato Casserole Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p>General Tso's Chicken</p> <p>Teriyaki Chicken and Pineapple Sandwich</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Steamed White Rice, Steamed Broccoli Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Soft Tacos with Lettuce, Tomatoes, and Cheddar</p> <p>Grilled Vegetable Quesadilla with Salsa and Sour Cream</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Roasted Plantains, Spanish Brown Rice, Fresh Hand Fruit and Mandarin Oranges 1% Milk or FF Chocolate Milk</p>	<p>Pepperoni or Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Veggie Burger with American Cheese on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Tossed Salad with Low Fat Dressing, Roasted Vegetable and Potato Medley Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 12/10	TUESDAY 12/11	WEDNESDAY 12/12	THURSDAY 12/13	FRIDAY 12/14
<p>Salisbury Steak and Gravy with Roasted Local, Organic Mushrooms</p> <p>Veggie Burger with Pepper jack on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Rice Pilaf, Mixed Vegetables Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Chicken Cacciatore</p> <p>Italian Sausage and Peppers Sub on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Pesto Parmesan Risotto, Steamed Mixed Vegetables Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Whole Grain Chicken Tenders with Barbecue Dipping Sauce</p> <p align="center">Corn Dog</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Sweet Potato Fries, Seasoned Corn Fresh Hand Fruit and Fresh Cantaloupe 1% Milk or FF Chocolate Milk</p>	<p>Grilled Smothered Pork Chops</p> <p>Cajun Turkey Burger with Guacamole and Swiss on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Brown Rice Pilaf, Roasted Vegetable Medley Fresh Hand Fruit and Diced Pineapple 1% Milk or FF Chocolate Milk</p>	<p>Veggie Lovers Pizza or Cheese Pizza on Whole Grain Pizza Crust with Homemade Sauce</p> <p>Chicken Parmesan Sandwich on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Chef Salad, Seasoned Steamed Carrots Fresh Hand Fruit, Apple Sauce 1% Milk or FF Chocolate Milk</p>
MONDAY 12/17	TUESDAY 12/18	WEDNESDAY 12/19	THURSDAY 12/20	FRIDAY 12/21
<p>Roasted Salmon Picatta</p> <p>Grilled Cheeseburger on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Roasted Potato and Root Vegetable Medley, Garden Salad with Low Fat Dressing Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p>Whole Grain Pancakes and Scrambled Eggs with Sausage</p> <p>Philly Cheesesteak Sub on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Baked Hash Browns, Fresh Fruit Salad Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Baked Chicken Wings with Assorted Dipping Sauces</p> <p align="center">Meatball Parmesan Sub</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Baked French Fries, Creamy Cole Slaw Fresh Hand Fruit and Diced Pears 1% Milk or FF Chocolate Milk</p>	<p>Seasoned Beef Prime Rib with Au Jus</p> <p align="center">Chicken Cheesesteak</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Roasted Garlic Mashed Potatoes, Steamed Haricot Vert Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Barbecue Chicken Pizza or Cheese Pizza on Whole Grain Pizza Crust with Homemade Sauce</p> <p>Grilled Bratwurst on a Pretzel Roll with Sauerkraut and mustard</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Tomato Cucumber Salad with Low Fat Balsamic, Roasted Vegetable Medley Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>
MONDAY 12/24	TUESDAY 12/25	WEDNESDAY 12/26	THURSDAY 12/27	FRIDAY 12/28
<u>No School</u>	<u>No School</u>	<u>No School</u>	<u>No School</u>	<u>No School</u>
MONDAY 12/31	TUESDAY 1/2/2019	WEDNESDAY 1/3/2019	THURSDAY 1/4/2019	FRIDAY 1/5/2019
<u>No School</u>				