



December '09 Balanced Breakfast** and Lunch Options



**Breakfast is served only in participating schools. For more information, please contact your principal.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Can. Bacon & Cheese Biscuit	Egg Patty w/wo Cheese	Scrambled Egg, Cheese Grits, Toast w Jelly, Chilled Peaches	Donuts
	Mixed Fruit	Biscuit, Grits, Mand. Orng		Oatmeal, Strawberries
			Nutrition Day- Cherry Tomato	
	Hot Dog on Bun w/wo Chili	Italian Bake	Turkey and Sausage Gumbo	Pork Chop
	Baked Beans	Italian Salad	Steamed Rice	Mashed Potato w Gravy
	French Fries	Chilled Pears	Potato Salad	Seasoned Peas
	Peach Cup	Garlic Roll	French Bread	Cheese Bread
Cinnamon Roll	Jell-O	Tropical Fruit	Sugar Cookie	
7	8	9	10	11
French Toast Sticks w syrup, Sausage Links, Chilled Pears	Can. Bacon and Cheese Triangle Mand. Oranges, Grits	Sausage Patty, Biscuit Apple sauce	Scrambled Eggs, Cheese Grits, Toast w Jelly, Potato Rounds	Donuts Oatmeal, Chilled Peaches
White Beans w Sausage	Crispy Pork Tacos	Meatballs in Red Gravy	Baked Chicken	Brunch for Lunch
Fluffy Rice	Lettuce /Tomato Cup	Spaghetti	Mashed Potatoes	Scrambled Eggs w/Ham
Tossed Salad	Cheese Cup	Cesar Salad	Green Peas	Buttered Grits
Apple Sauce	Seasoned Corn	Garlic French Bread	Wheat Roll	French Toast Sticks
Combread	Cinnamon Roll	Chilled Pears	Brownie	Potato Rounds Chilled Peaches
14	15	16	17	18
Pancake Wrapped Sausage w Syrup Chilled Tropical Fruit	Can. Bacon & Cheese Biscuit Chilled Pineapple	Egg Patty w/wo Cheese Biscuit, Grits, Pears	Chocolate Covered Donuts, Oatmeal, Chilled Fruit	
			Christmas Dinner	
Chicken Smackers	Soft Chicken Tacos	Italian Meatsauce	Baked Turkey	
Fried Rice	Lettuce/Tomato Cup	Spaghetti	Rice w Gravy	
Stir-fry Vegetables	Cheese Cup	Green Beans	Sweet Potatoes	
Chilled Pineapple	Seasoned Corn	Mixed Fruit	Cheesy Broccoli	
Egg Roll w/Sweet n Sour Sauce	Cinnamon Roll	Garlic Roll	French Bread	
Fortune Cookie			Ice Cream Cup	
21	22	23	24	25
				Merry Christmas!
No School	No School	No School	No School	

School lunches must meet recommendations of the Dietary Guideline for Americans.

*No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly.

*Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron, and Calcium.



Check Out Our Website At: www.schoolcafe.org

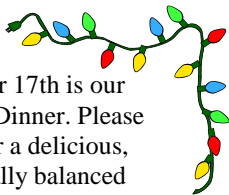
Note: Menus are subject to change without notice.

Schools with one serving line can have a sandwich entrée only once a week, however it cannot replace a commodity meal. Sandwiches are served with 2 fruit/vegetables and milk. Choice of milk is offered daily. Breakfast also offers cereal.

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December 17th is our Christmas Dinner. Please join us for a delicious, nutritionally balanced dinner!



December 3rd is Cherry Tomato Nutrition Day! Stop by the Nutrition Day Table for a delicious sample and fun-filled activities!

