







VIP
LUNCH MENU
DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Students Must Select 3 out of the 5 Meal Components.</p> <p>One Of The 3 Components Selected, MUST Be Fruit or Vegetable</p>	<p>School lunch provides 1/3 of the average daily calorie needs for kids by age.</p> 	<p>Nutritional information is available at the food service office.</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p>		<p>1 Beef Taco / with lettuce/tomato/cheese*</p> <p>Cheeseburger</p>
				<p><u>Vegetable / Fruit / Milk</u> Corn Fruit 1% or Fat Free Milk</p>
<p>4 <u>Meat & Grain</u> Roasted Turkey Chunks</p> <p>American Sub</p>	<p>5 <u>Meat & Grain</u> Rotini & Meatballs</p> <p>Trix Yogurt / String Cheese/ Graham Crackers</p>	<p>6 <u>Meat & Grain</u> Breakfast for Lunch Pancakes & Sausage Patties</p> <p>Sun Butter & Jelly Sandwich</p>	<p>7 <u>Meat & Grain</u> Pepperoni Pizza</p> <p>Corn Dog</p>	<p>8 <u>Meat & Grain</u> Cheese Quesadilla*</p> <p>Trix Yogurt / String Cheese/ Graham Crackers</p>
<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes /Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Cauliflower Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Mexican Beans Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Orange Smiles 1% or Fat Free Milk</p>
<p>11 <u>Meat & Grain</u> Fish sticks w/ Mac & cheese*</p> <p>Italian Sub</p>	<p>12 <u>Meat & Grain</u> Cheeseburger Meatloaf*</p> <p>Chicken Salad Wrap*</p>	<p>13 <u>Meat & Grain</u> Alfredo pasta w/chicken nuggets</p> <p>Trix Yogurt/String Cheese/ Graham Crackers</p>	<p>14 <u>Meat & Grain</u> Cheese Pizza</p> <p>Hamburger</p>	<p>15 <u>Meat & Grain</u> Cheese Enchilada*</p> <p>Sun Butter & Jelly Sandwich</p>
<p><u>Vegetable / Fruit / Milk</u> Green Beans Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Whipped Potatoes / Gravy Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Black Beans Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>
<p>18 <u>Meat & Grain</u> Trix Yogurt, String Cheese, Scooby Doo Grahams</p> <p>Cheeseburger</p>	<p>19 <u>Meat & Grain</u> Chicken Nuggets w/dinner roll</p> <p>Sun Butter & Jelly Wrap</p>	<p>20 <u>Meat & Grain</u> Mac & Cheese w/hotdog(no bun)</p> <p>Chicken Salad Wrap*</p>	<p>21 <u>Meat & Grain</u> Pepperoni Pizza</p> <p>Sun Butter & Jelly Sandwich</p>	<p>22 <u>Meat & Grain</u> Corn dog</p> <p>Italian sub</p>
<p><u>Vegetable / Fruit / Milk</u> Carrot Coins Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Broccoli Fruit 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Refried Beans Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Corn Orange Smiles 1% or Fat Free Milk</p>	<p><u>Vegetable / Fruit / Milk</u> Celery Sticks Fruit 1% or Fat Free Milk</p>
<p>School Closed Winter Vacation December 25 - 29</p>				 <p>Choose MyPlate.gov</p>

All grains offered are Whole Grain Rich. Items included are: pasta, breads Buns, tortillas, dinner rolls and all breading used on food items.

Our menu is Trans Fat Free!

DYK –
December 1st is National Eat a Red Apple Day.
There are over 7000 varieties of apples in the world.

“This institution is an equal opportunity provider”