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| **December 2019**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | **Date** | **1** | **2** | **3** | | **Dec 2** |  |  |  | | **Dec 3** |  |  |  | | **Dec 4** |  |  |  | | **Dec 5** |  |  |  | | **Dec 6 \*\*** |  |  |  | | **Dec 9** |  |  |  | | **Dec 10** |  |  |  | | **Dec 11** |  |  |  | | **Dec 12** |  |  |  | | **Dec 13 \*\*** |  |  |  | | **Dec 16** |  |  |  | | **Dec 17** |  |  |  | | **Dec 18** |  |  |  | | **Dec 19** |  |  |  | | **Dec 20 \*\*** |  |  |  | | **Dec 23** |  |  |  | | **Dec 24** |  |  |  | | **Dec 25** |  |  |  | | **Dec 26** |  |  |  | | **Dec 27 \*\*** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 2  Pasta Genovese (Creamy Garlic Sauce) w/Chicken, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 3  Turkey & Cheese Enchiladas, Brown Rice & Black Beans, Fresh Fruit  Cheese Enchiladas, Brown Rice & Black Beans, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 4  Orange Chicken w/Lo Mein Noodles, Steamed Veggies, Fresh Fruit  Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Potato Wedges, Fresh Fruit | 5  Lean Beef Burger, Roasted Seasonal Veggies, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roasted Seasonal Veggies, Roll, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 6  Pesto Chicken, Spinach, Tomatoes & Mozzarella Pressed Sandwich, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 9  Chicken Parmesan w/Pasta, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 10  Pasta w/Turkey Bolognese, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  Breakfast for Lunch--Waffles, Eggs, Lyonnaise Potatoes, Fresh Fruit | 11  Arroz con Pollo, Baked Plantains, Fresh Fruit  Braised Chicken, Brown Rice, Baked Plantains, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 12  Korean Beef Bowl w/Rice, Sautéed Veggies, Fresh Fruit  Lean Beef Sloppy Joe’s, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 13  Massaman Curried Chicken w/Brown Rice, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |

Meals x $4.50 =

Paid by: check # or cash

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is $4.50. A full menu for the month is **$81.00.**
4. Tear off the completed form and **RETURN WITH PAYMENT by Wednesday November 20th.**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 16  Low Fat Penne Alfredo w/ Chicken, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 17  Ground Turkey & Cheese Burrito, Black Beans, Roasted Seasonal Veggies, Fresh Fruit  Cheese Burrito, Black Beans, Roasted Seasonal Veggies, Fresh Fruit  Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 18  Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit  French Dip, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 19  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 20  “Make Your Own Yummy…” Chicken Ramen w/Veggies, Broth, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |
| 23  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Lean Beef Bolognese, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 24  **NO YUMMY LUNCHES** | 25  **NO YUMMY LUNCHES** | 26  Beef Barbacoa over Rice, Mexican Veggie Skillet, Fresh Fruit  BBQ Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 27  Chicken Tikka Masala w/Couscous, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza w/Veggie Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit |