

Artificial  
Ingredients,  
Additives,  
Preservatives

High-Fructose  
Corn Syrup

Fried Foods  
Mystery Meats

ALWAYS fresh  
NEVER frozen

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4-Star Schod  
Lunch Provider!



Dec. 2018. Greenbay. Lunch.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |  |  |  |
|--|--|--|--|--|
| Pasta w. Marinara 3<br>- 4 oz<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup       | Mini Slider Burger 4<br>- 1 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup  | Mac & Cheese 5<br>- 4 oz<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup          | Sun Butter & Jelly 6<br>- 1 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup                                  | No School 7  |
| Baked Chicken Tenders 10<br>-2 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup | Ham Sandwich 11<br>-1 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup        | Mini Slider Burger 12<br>- 1 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup | Cheese Stuffed Bosco 13<br>Sticks<br>- 2 each<br>w. Marinara Sauce<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk-1 cup | Baked Chicken Nuggets 14<br>-4 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup |
| Cheese Pizza- 1 each 17<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup             | Mini Slider Burger 18<br>- 1 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup | Turkey Sandwich 19<br>- 1 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup    | Sun Butter & Jelly 20<br>- 1 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup                                 | Baked Chicken Nuggets 21<br>-4 each<br>Veggies- 1/4 cup<br>Fruit- 1/4 cup<br>Milk- 1 cup |
| No School 24<br>Winter Break   | No School 25<br>Winter Break   | No School 26<br>Winter Break   | No School 27<br>Winter Break   | No School 28<br>Winter Break   |
| No School 31<br>Winter Break   |  |  |  |  |

**Note:**  
~100% Fruit Juice  
IS considered a  
Fruit component

- Legumes  
& Beans:**
- Chickpeas (garbanzo beans)
  - Lentils
  - Peas
  - Kidney Beans
  - Black Beans
  - Soybeans
  - Pinto Beans
  - etc.



They are excellent  
sources of dietary  
fiber, protein, B  
vitamins and many  
other important  
vitamins and  
minerals!

