

Artificial
Ingredients,
Additives,
Preservatives

High-Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!



Dec. 2018. Lunch. Elementary.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pasta w. Marinara Sauce Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	4 MmmBurger w. Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	5 4 Star Mac & Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	6 All Beef Hot Dog French Fries! Just Picked Fresh Fruit Ice Cold Milk Pint	7 Cheese Nachos Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
10 Chicken Tenders Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	11 Corn Dog Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	12 BBQ Chicken Served w. Brown Rice Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	13 Brunch for Lunch! Whole Grain Pancakes Sausage Link Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	14 Baked Chicken Nuggets Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
17 Cheese Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	18 MmmBurger w. Cheese Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	19 All Beef Hot Dog French Fries! Just Picked Fresh Fruit Ice Cold Milk Pint	20 Spaghetti w. Meatballs Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	21 Chef's Choice! Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
24 No School Winter Break	25 No School Winter Break	26 No School Winter Break	27 No School Winter Break	28 No School Winter Break
31 No School Winter Break				Students must choose a FRUIT and/ or a VEG + 2 additional components to make a complete meal

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!

