


December 2018

East School Lunch

Milk is offered with every meal: 1% or fat free white

Daily offerings: Assorted fresh or canned fruits

Always Available: Bagel & Yogurt Plate, or Sunbutter & Jelly Sandwich

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pancakes w/Syrup Turkey Sausage Patties Sweet Potato Fries	4 Popcorn Chicken Mashed Potatoes and Gravy Seasoned Corn	5 Pasta w/Meat Sauce Steamed Broccoli	6 Chicken Nachos Seasoned Corn Cheese, Tomato, Salsa, Sour Cream, Rice & Red Beans	7 Pizza Spinach Salad
10 Pizza Crunchers w/Marinara Sweet Peas	11 Chicken Nuggets Glazed Carrots French Fries	12 Meatball Grinder Mixed Vegetable Blend Tater Tots	13 Chicken Drumstick Baked Beans Oven Baked Fries Dinner Roll Fresh Baked Cookie	14 Pizza Garden Salad
17 Asian Chicken Oriental Vegetables Steamed Brown Rice	18 Chicken Patty on a Roll Steamed Broccoli Regular or Spicy Fries	19 Pasta w/Marinara And Meatballs Parmesan Cheese Garden Salad	20 Soft Chicken Taco Cheese, Lettuce, Sour Cream Salsa, Tomato, Corn Rice w/Black Beans	21 Pizza Garden Salad
24 Winter Recess	25 Winter Recess	26 Winter Recess	27 Winter Recess	28 Winter Recess
31 Winter Recess			<p>A healthy breakfast is available daily. If your child qualifies for free or reduced lunch, they also qualify for free or reduced breakfast</p>	

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Menu subject to change