


## 2013 South Fork Schools Lunch Menu for December

Money for lunches will be accepted in both Cafeterias. We cannot accept any lunch money payments from students in the lunch line at either school. Full Price Student lunches are \$1.75 at Elementary and \$1.95 at Middle School. Those students who qualify receive Reduced Price Lunches for \$.40 at both schools. If you are unable to pay for lunches for your students please fill out a 'Free or Reduced Price Lunch Application' so your child can receive a balanced and nutritious lunch each day! Please call the Cafeteria Manager, Sherry Webb, at 760-378-1130 if you would like more information about South Fork School Breakfast and Lunch Programs! **Menu is subject to change without notice**

Milk may be purchased separately from lunch for \$.35 each.

Breakfast and Lunch includes a choice of Non-Fat Chocolate or 1% Low-Fat White Milk

**Breakfast in the Classroom is Free to all Students**

Monday	Tuesday	Wednesday	Thursday	Friday
2 PIZZA BAGEL WG TONY'S CRISP APPLE SALAD BAR MONDAY RANCH POUCH LIGHT MILK - Variety	3 CHICKEN TENDER STRIPS VEGETARIAN BEANS SALAD BAR TUESDAY BBQ SAUCE CUP MILK - Variety	4 RIB-A-QUE HOAGIE ROLL WW PEACHES, CANNED, XTRA LIGHT SALAD BAR WEDNESDAY MUSTARD MAYONNAISE MILK - Variety	5 TACO BEEF SOFT TORTILLA WG SALAD BAR THURSDAY TACO SAUCE PACKET MILK - Variety	6 TURKEY & WG NOODLES CORN NIBLETS SALAD BAR FRIDAY MILK - Variety
9 PIZZA TONY'S WEDGE WG CRISP APPLE SALAD BAR MONDAY RANCH POUCH LIGHT MILK - Variety	10 QUESADILLA CHEESE WG PINTO BEANS SALAD BAR TUESDAY TACO SAUCE PACKET MILK - Variety	11 SPAGHETTI WW & MEATBALLS WITH SAUCE SALAD BAR WEDNESDAY APPLESAUCE, UNSWEETENED MILK - Variety	12 MACARONI AND CHEESE WG ELBOWS GREEN BEANS SALAD BAR THURSDAY MILK - Variety	13 CHICKEN PATTY- ROASTED HAMBURGER BUN WW OVEN FRIES SEASONED SALAD BAR FRIDAY MUSTARD KETCHUP MAYONNAISE MILK - Variety
16 CHEESE STUFFED BREADSTICKS WG CRISP APPLE SALAD BAR MONDAY MARINARA SAUCE CUP MILK - Variety	17 Christmas Dinner MILK - Variety 	18 BURRITO BEAN & CHEESE WG FRUIT JUICE SLUSHIE SALAD BAR WEDNESDAY TACO SAUCE PACKET MILK - Variety	19 HAMBURGER ON WW BUN VEGETARIAN BEANS SALAD BAR THURSDAY KETCHUP MUSTARD MAYONNAISE MILK - Variety	20 CORNDOG JUMBO WG OVEN FRIES SEASONED SALAD BAR FRIDAY KETCHUP MUSTARD MILK - Variety

Merry.  
Christmas

&

HAPPY NEW YEAR

WW=Whole Wheat \* LS=Low Sodium \* WG=Whole Grain \* LF=Low Fat  
The USDA is an equal opportunity provider