

December 2018

Dawson Springs 9th-12th

LUNCH



[USDA Nondiscrimination Statement](#)



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Chicken Nuggets, BBQ Rib Sandwich, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Tossed salad, French Fries, Steamed Broccoli, Roll WG, Mandarin Orange, Apple, Apple Juice, Variety of Milk **3**

Tuesday

Chicken Filet Sandwich, Spicy Chicken Sandwich, Yogurt Box, Turkey & Cheese Sandwich, Chef Salad, Glazed Carrots, Baby Bakers, Orange/Pineapple, Grape Juice, Variety of Milk **4**

Wednesday

Chicken Fried Steak, Turkey Roast, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **5**

Thursday

Hamburger, Cheeseburger, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Sandwich Trimmings, Tater Tots, Pinto Beans, Grapes/Peach Cup, Grape Juice, Variety of Milk **6**

Friday

Pepperoni Pizza, Cheese Pizza, Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Tossed Salad, Veggie Cup w/dip, Corn Sidekick/Apple, Chocolate Chip Cookie WG, Variety of Milk **7**

Popcorn Chicken, General TSO's Chicken w/Rice, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Stir Fry Veggies, Tater Tots, Tossed Salad, WG Roll, Mandarin Oranges/Apple, Apple Juice, Variety of Milk **10**

Rotini, Chicken Filet, Turkey & Cheese Sandwich, Chef Salad, Yogurt Box, Baby Bakers, Corn on the Cob, Garlic Breadstick, Orange/Pineapple/Grape Juice, Variety of Milk **11**

Chicken Fried Steak, Chicken Strips, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **12**

Chicken Fajita, Crispito w/ queso, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Lett/Tom Cup, Salsa, WG Chips, Refried Beans, Mexican Rice, Grapes/Peach Cup, Grape Juice, Variety of Milk **13**

Pepperoni Pizza, Cheese Pizza, Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box Tossed Salad, Veggie Cup w/dip, Corn Sidekick/Apple, Chocolate Chip Cookie WG, Variety of Milk **14**

Hot Wings, Fish Sandwich, Chef Salad, Ham & Cheese Sandwich, Yogurt Box, Tossed Salad, Celery & Carrot Sticks, Ranch Potato Wedge, WG Roll, Mandarin Oranges/Apples, Apple Juice, Variety of Milk **17**

Chicken Alfredo, BBQ Rib Sandwich, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Peas & Carrots, Steamed Broccoli Tossed Salad, Garlic Breadstick, Oranges/Pineapple/Grape Juice, Variety of Milk **18**

Chicken Fried Steak, Turkey Roast, Chef Salad, Yogurt Box, Mashed Potatoes, Green Beans, WG Roll, Gravy, Banana/Strawberry Cup, Apple Juice, Variety of Milk **19**

Pepperoni Pizza, Cheese Pizza, Corndog, Ham & Cheese Sandwich, Chef Salad, Yogurt box, Tossed Salad, Veggie Cup w/dip, Corn Sidekick/Apple, Chocolate Chip Cookie WG, Variety of Milk **20**

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MERRY CHRISTMAS!

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