

December 2017

Ralph Askins Elementary



A complete lunch MUST consist of at least 3 separate items offered that day, from at least 3 of the 5 food components. One of which MUST be fruit or veggie.



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. ** USDA is an equal opportunity employer & provider **
** Manager Reserves the right to substitute due to food availability **



Monday



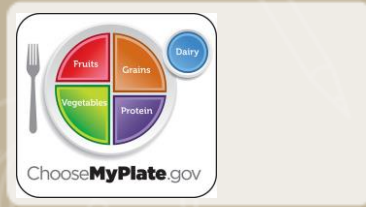
Tuesday



Wednesday



Thursday



Friday

Fish w/Hushpuppies
Or
Turkey & Cheese Sub
Coleslaw
Pinto Beans
Baked Potato
Mixed Fruit **1**

Chicken Parmesan **4**
Or
Goldfish Turkey & Chz Sandwich Roll
Green Beans
Buttered Corn
Mixed Fruit

Stuffed Crust Chz Pizza **5**
Or
Grilled Cheese
Corn Cob
Tater Wedges
Apples

Philly Cheese Steak Sub **6**
Or
Ham & Cheese sub
Pinto Beans
Italian Veggies
Strawberry Cups

Chili w/crackers **7**
Or
Grilled Cheese
Tater Tots
Side Salad
SideKick Fruit Slush

Frito Taco **8**
Or
Turkey & Cheese Sub
Salad
Mexican Corn
Orange Wedges

Chicken Strips **11**
Or
Goldfish Ham & Cheese Sandwich Roll
Mashed Potatoes
Steamed Broccoli w/ Cheese
Mixed Fruit

Salisbury Steak w/Gravy **12**
Or
Ham & Cheese Sandwich
Pinto Beans
California Veggies
Cornbread
Pears

Chicken Drumsticks **13**
Or
Turkey & Cheese Sub
Roll
Baked Beans
Veggie Tray
Apples

Pulled Pork BBQ w/roll **14**
Or
Grilled Cheese
Baked Potato
Corn Cob
Grape Yogurt Parfait

Hamburger on Bun **15**
Or
Chicken Salad Sandwich
Tater Tots
Side Salad
Pineapple

Meatloaf **18**
Or
Turkey & Cheese Sub
Roll
Mac & Cheese
Steamed Broccoli
Corn
Strawberry Cups

Chicken Sliders **19**
Or
Ham & Cheese Sub
Mixed Veggies
French Fries
Diced Peaches

Half Day 20

Christmas 21
Break

Christmas 22
Break

25

MERRY CHRISTMAS

Christmas 26
Break

Christmas 27
Break

Christmas 28
Break

Christmas 29
Break